



# Student Health Services

PROMOTING HEALTH & WELLNESS

204 University Blvd

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## University Health Advisory

(March 1, 2010)

SHS reports first three (3) cases of influenza A this semester, spring 2010. Students seen in SHS who test positive for influenza A are instructed to self-isolate until fever-free for 24 hours, preferably in their family home. Other options include their residence hall room or apartment. They are prescribed medication and provided a Care Bag that includes a mask and other preventive items. Students who are diagnosed in SHS are also instructed to inform their roommates to contact SHS, if they have flu symptoms.

- ✚ A modest supply of antiviral medication (i.e. Tamiflu) is available to students who do not have the means to pay for it; contact student health officials for more information.

When waiting to be seen at SHS, students with a cough, cold, sore throat, fever, nausea, vomiting or diarrhea are asked to PLEASE WEAR masks provided by front desk staff. If unable to wear a mask, please cough or sneeze into a tissue or your elbow. Promptly dispose of all tissues in trash receptacles. Use hand sanitizer frequently, especially before and after you touch others or objects around you.

- ✚ H1N1 vaccines are available at SHS for students, AT NO COST.

We continue to monitor through the World Health Organization (WHO), Centers for Disease Control (CDC) and South Carolina Department of Health and Environmental Control (DHEC) H1N1, formerly known as Swine Flu, related events. Below is supplemental information and helpful links:

- UPDATE: Influenza and Pneumonia-Associated Hospitalizations and Deaths from August 30, 2009 to February 20, 2010, <http://www.cdc.gov/h1n1flu/updates/us/#totalcases>
- NEW: Questions and Answers - Underlying Health Conditions Among Adults and Children Hospitalized with 2009 H1N1, [http://www.cdc.gov/H1N1flu/eip\\_underlying\\_conditions.htm](http://www.cdc.gov/H1N1flu/eip_underlying_conditions.htm)
- NEW: Questions and Answers - 2009 H1N1 Impact by Race and Ethnicity, [http://www.cdc.gov/h1n1flu/race\\_ethnicity\\_qa.htm](http://www.cdc.gov/h1n1flu/race_ethnicity_qa.htm)
- <http://www.cdc.gov/swineflu/> (CDC)
- <http://www.scdhec.gov/flu/swine-flu.htm> (DHEC)
- <http://www.pandemicflu.gov> (Department of Health and Human Services)

### Good Health Habits for Prevention:

- Get your H1N1 vaccination now.
- Cover your nose and mouth with a tissue when you cough or sneeze.
- Frequent hand washing with soap and water (wash hands for at least 15 seconds).
- Use alcohol-based hand sanitizers to clean hands if soap and water are not available.
- Avoid touching your eyes, nose or mouth.
- Try to avoid close contact with sick people.
- If sick, stay home from work or school and limit contact with others. Remain isolated until fever-free for at least 24 hours.
- Eat healthy and get plenty of rest.

*Students experiencing flu-like symptoms are advised to contact Student Health Services, and others are advised to contact their primary healthcare provider.*