



Student Health Services

PROMOTING HEALTH & WELLNESS

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University Health Advisory (April 30, 2009)

Faculty, Staff and Students,

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) Swine Flu related events. Below is supplemental information and helpful links:

WHO has raised the pandemic alert level to Phase 5 - characterized by human-to-human spread of the virus into at least two countries. The declaration of Phase 5 is a strong signal that a pandemic is imminent.

CDC reports 109 confirmed cases in United States; school closings recommended if there are confirmed cases in the school; travel health advisory remains in effect for travel to Mexico; wearing masks (N95) recommended if in direct contact with confirmed cases; antiviral medications being sent to states; college students living in residence halls should adhere to good health habits (*see below*) and if sick visit campus health clinic; voluntary isolation for 7 days recommended if sick; voluntary quarantines recommended if exposed to sick individual (s); virus is not transmitted through food.

DHEC reports 10 probable cases in South Carolina - cases are considered probable AFTER the following criteria have been met, 1) positive influenza screening by your health care provider, 2) positive influenza A sub typing testing by DHEC, 3) further sub typing by CDC, remains probable until confirmed by viral culture.

Good Health Habits for Prevention:

- Cover your nose and mouth with a tissue when you cough or sneeze.
- Frequent hand washing with soap and water (washing hands for at least 15 seconds).
- Use alcohol-based hand sanitizers to clean hands, if soap and water 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.

Helpful Links:

<http://www.cdc.gov/swineflu/> (CDC)

<http://www.scdhec.gov/flu/swine-flu.htm> (DHEC)

If you are experiencing flu like symptoms, please contact your primary health care provider. Students are advised to contact Student Health Services.