



Student Health Services

PROMOTING HEALTH & WELLNESS

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University Health Advisory (May 4, 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 reports 898 confirmed cases worldwide; no risk of infection from well-cooked pork or pork products; the pandemic alert level remains at Phase 5 - characterized by human-to-human spread of the virus into at least two countries.

CDC reports 226 confirmed cases, including 1 death, in United States; deployment of 25 percent of the National antiviral supply to all state; school closings recommended if there are confirmed cases in the school; travel health advisories remain in effect for travel to Mexico; wearing masks (N95) recommended if in direct contact with confirmed cases; 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).

DHEC reports 15 confirmed cases in South Carolina.

SHS reports 0 suspected cases in health services, per Influenza-Like Illness (ILI) Swine Flu Surveillance Screening Tool.

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 (wash hands for at least 15 seconds); *watch podcast*.
- 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.