



Student Health Services

PROMOTING HEALTH & WELLNESS

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University Health Advisory (May 25, 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 12,022 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 6552 confirmed cases, including 9 deaths, in United States; avoid nonessential travel to Mexico; students, faculty or staff who live on or off campus and have influenza like illnesses (ILI) should self-isolate (i.e., stay away from others) in their dorm room or home for 7 days after the onset of illness or at least 24 hours after symptoms have resolved, whichever is longer; persons with ILI should contact their health care provider or university health services to report illness by telephone or other remote means before seeking care; persons with ILI who must leave their home or dorm room (for example, to seek medical care or other necessities) should cover their nose and mouth when coughing or sneezing and wear a loose-fitting (surgical) mask.

DHEC reports 36 confirmed cases in South Carolina (SC); more than 400,000 courses of antiviral treatment available in SC; suspects the worst is over in SC, although virus may resurface in the fall.

SHS reports 0 suspected cases in health services, per ILI Swine Flu Surveillance Screening Tool; surgical masks available for students with ILI.

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.