

H1N1 - Quick Tips

Longbrake Student Wellness Center

Influenza AH1N1 virus has been spreading among humans for several months and has been found throughout Ohio with secondary community transmission. Per the CDC, Ohio Department of Health, and Wayne County Health Dept, the virus is now a non-novel virus for reporting purposes. Public health surveillance and treatment will be identical to that done for seasonal influenza virus.

Recommendations for Staying Healthy:

1. Stay informed. Watch for new information on Wooster Headline News.
2. Cover your cough by using your sleeve or arm. You may also cover your nose and mouth with a tissue when you cough or sneeze. Throw away the tissue in the trash.
3. Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
4. Avoid touching your eyes, nose, or mouth. That's how germs are spread.
5. Try to avoid close contact with sick people.
6. Disinfectant sprays (i.e. Lysol) state they will kill the H1N1 virus. The virus can survive on surfaces for 2 to 8 hours.

Symptoms of H1N1 Flu:

Symptoms are similar to seasonal flu and include:

1. Fever of more than 100° F
2. Cough
3. Sore throat
4. Runny or stuffy nose
5. Body aches
6. Chills and fatigue
7. Nausea and vomiting (in some cases)

If you have these symptoms:

1. Stay home from classes and avoid contact with other people for at least 24 hours after the fever is gone (without the use of fever reducing medicine). A fever is defined as having a temperature of 100° Fahrenheit or greater.
2. Use hand, respiratory, and cough hygiene.
3. If your symptoms are severe or if you are at risk for developing flu complications (asthma or other chronic illness), contact your health care provider (students should call the Student Wellness Center) to determine if flu testing or further treatment is needed.
4. Antiviral medications (ordered by a physician) may be of benefit for a diagnosed flu if started within 48 hours after symptoms begin.
5. Over-the-counter medications can be used for symptom relief along with rest and fluids.