

Further Resources

On Campus Resources

Student Health Services

Phone: 486-4700 Main Number

Phone: 486-3427 Advice Nurse

During the academic year, the Advice Nurse is available by phone 24/7.

Website: www.shs.uconn.edu/swine_flu.html

Department of Wellness and Prevention Services

Phone: 486-9431

Website: www.wellness.uconn.edu

Off Campus Resources

Center for Disease Control

Website: www.cdc.gov

World Health Organization

Website: www.who.int

CT Department of Health

Website: www.ct.gov/dph

Know What to do About the Flu

Website: www.flu.gov



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Storrs, CT 06269-1059
Phone: (860) 486-9431



What is H1N1?

The Novel H1N1 virus (formerly known as “Swine Flu”) is a new strain of the influenza virus which is infecting humans. This virus was originally referred to as “swine flu” because laboratory testing showed that many of the genes in this new virus were very similar to influenza viruses that normally occur in pigs (swine) in North America. But further study has shown that this new virus is very different from what normally circulates in North American pigs. It has two genes from flu viruses that normally circulate in pigs in Europe and Asia and bird (avian) genes and human genes. Scientists call this a “quadruple reassortant” virus.

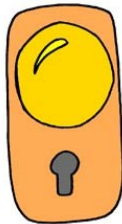
www.cdc.gov



How is it spread?

Spread of novel H1N1 virus is thought to occur in the same way that the more common seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing by people with influenza. Sometimes people may become infected by touching something – such as a surface or object – with flu viruses on it and then touching their mouth or nose.

www.cdc.gov



Signs and Symptoms

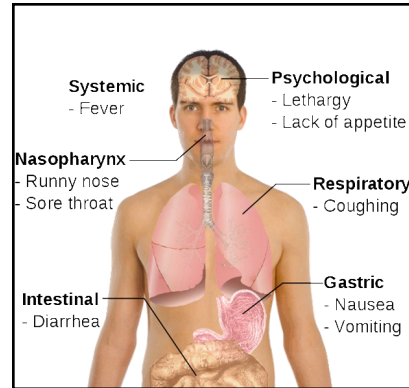


Image Retrieved from pinoyambisyo.com

What Should I do if I get sick?

If experiencing the above symptoms, stay home and try not to come in contact with other people to avoid spreading the virus. See health care provider to get the appropriate tests and treatments. The H1N1 virus ranges from mild to severe and most diagnosed individuals have been able to successfully recover without medical treatment.

Those with flu-like illness should stay away from classes and limit interactions with other people (called “self-isolation”), except to seek medical care, for at least 24 hours after they no longer have a fever, or signs of a fever, without the use of fever-reducing medicines. Some people with influenza will not have fever; therefore, absence of fever does not mean absence of infection. They should stay away from others during this time period even if they are taking antiviral drugs for treatment of the flu. (For more information, visit <http://www.cdc.gov/h1n1flu/guidance/exclusion.htm>.)



Prevention

What can I do to protect myself from getting sick?

There is no vaccine available right now to protect against novel H1N1 virus. However, a novel H1N1 vaccine is currently in production and may be ready for the public in the fall. As always, a vaccine will be available to protect against seasonal influenza.

There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza.

Take these everyday steps to protect your health:

- Cover nose and mouth with a tissue when coughing or sneezing. Throw the tissue in the trash after use.
 - Wash your hands often with soap and water, especially after coughing or sneezing.
- *Alcohol-based hand cleaners are also effective**
- Avoid touching eyes, nose or mouth. Germs spread this way.
 - Try to avoid close contact with people who are sick.