

# The swine flu and you: An advisory for faculty and staff

## WHAT IS NOVEL H1N1?

Novel H1N1 (often referred to as “swine flu”) is a new variant of the influenza virus. It is highly contagious and spreads from person-to-person, much like common seasonal influenza viruses.

## PREVENTION

This virus must be treated seriously. It spreads easily between people through air (respiratory droplets) or surface contact. The following procedures should be followed rigorously by all members of the campus family to help avoid its spread. As the flu can and will arrive silently at any time this fall, you should begin these procedures immediately and follow them continuously to help avoid its spread.

1. Wash your hands frequently with soap and water for at least 20 seconds, especially after you sneeze. (Frequent use of alcohol-based hand sanitizers is also recommended.)
2. Cough and sneeze into your elbow or use a tissue.
3. Avoid touching your face, eyes, nose or mouth.
4. Maintain a social distance of approximately 3 to 6 feet when possible.
5. Do not share water bottles or utensils.
6. Keep your environment clean. Wipe down frequently shared surfaces such as door knobs, counter tops, and key boards with a mild disinfectant such as a Clorox wipe.
7. Get both the Seasonal and H1N1 flu vaccines when available. The seasonal vaccine will be available first and is a single shot. The H1N1 vaccine is expected to arrive later this fall and will require two shots spaced about three weeks apart. If sufficient supplies of the two

vaccines are available, shots for faculty and staff will be available through the Student Health Center, but we advise you to check first with your own provider to assure availability.

The following general guidelines for individuals with flu-like symptoms are based on guidelines from the Centers for Disease Control and Prevention (CDC) for reducing the spread of illness and treating influenza infection. While they may seem restrictive, particularly if you contract the illness, we ask all to understand that such measures are designed to help control potential spread of the flu to other members of the campus family — a goal upon which we all can agree.

### FLU-LIKE H1N1 SYMPTOMS ARE DEFINED AS:

- Fever greater than 100 degrees
- Cough and congestion
- Sore throat
- Headache
- Fatigue
- Runny stuffy nose
- Muscle aches
- Sometimes nausea, vomiting and diarrhea.

### EMERGENCY WARNING SIGNS:

Seek emergency medical care if you or someone you know is having any of following warning signs —

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

## IF YOU GET SICK

Most healthy people recover from the flu without complications. If you get flu-like symptoms we require that you:

- Visit [www.csum.edu/health/index.asp](http://www.csum.edu/health/index.asp) and take the Flu Assessment Test.
- Contact your medical provider within 48 hours to be considered for Antiviral treatment.
- Stay home and self-isolate until at least 24 hours fever free without use of fever-reducing medication. Returning to campus prematurely can risk further spread of the disease.
- Get lots of rest, drink plenty of liquids, and avoid using alcohol and tobacco.
- Consider use of over-the-counter (OTC) medications to relieve symptoms of the flu.
- Consult your medical provider early on for the best treatment, but also be aware of emergency warning signs that require urgent medical attention.
- Notify your supervisor of your illness and expected date of return when it becomes apparent.

## WHEN TO RETURN TO CAMPUS

24 hours after fever subsides without the use of fever-reducing medicine such as Ibuprofen, Tylenol, Aspirin, etc.

**UP-TO-DATE INFORMATION** and guidance about influenza-like illness and Novel H1N1 flu also is available on these websites:

- Centers for Disease Control and Prevention: <http://www.cdc.gov/h1n1flu/>
- World Health Organization: <http://www.who.int/csr/disease/swineflu/en/>
- Centers for Disease Control and Prevention guidelines for caring for a household member with flu-like symptoms: [http://www.cdc.gov/h1n1flu/guidance\\_homecare.htm#c](http://www.cdc.gov/h1n1flu/guidance_homecare.htm#c)
- [www.flu.gov](http://www.flu.gov)
- Flu Symptom Assessment Test: <http://www.mayoclinic.com/health/flu-symptoms/FU00013>

**California Maritime Academy**  
**Student Health & Wellness Center**  
200 Maritime Academy Drive  
Vallejo, CA 94590  
Phone: 707-654-1170