

The swine flu and you: An update for October 22, 2009

SINCE THE START OF THIS WEEK, a total of six students have been diagnosed with probable H1N1 flu symptoms and have been treated with antivirals. All are being treated in line with established campus protocols for isolation, and all are progressing satisfactorily. In addition, their roommates, significant others, and close friends have been contacted to receive the antiviral Tamiflu as a preventive treatment.

H1N1 VACCINE AVAILABILITY UPDATE:

As of Monday, Public Health Officials have informed us that Cal Maritime should receive its first allotment late this week or early next week, although we caution that estimated delivery dates have been slipping so far.

Once it arrives, the health center is prepared to administer it immediately. A temporary clinic will be set up in the Student Center's TV room for multi-day mass vaccinations until demand ceases or the allotment is fully utilized. We will advise everyone via e-mail and other messaging when we are ready to begin.

The appearance of these cases underscores the need for all members of the campus family to vigorously follow recommended protocols for hand washing, and cough and sneeze hygiene.

Detailed information on these protocols, and procedures to follow if you or a colleague develop what you believe may be flu symptoms, are posted on the campus website at:

[HTTP://WWW.CSUM.EDU/HEALTH/INDEX.ASP](http://www.csom.edu/health/index.asp)

To help minimize further spread, it is important that you report potential symptoms to Health Services as soon as possible and if advised, begin following the procedures set out for isolation and treatment. Remember also that your return to regular campus activities may require final sign-off by Health Services.

SEASONAL FLU VACCINE

At this writing, it appears we may not get significant supplies of seasonal flu vaccine on campus. The order we placed last spring was delivered to the state recently but had to be recalled due to unacceptable temperatures during transit. Vaccine manufacturers are now focusing in production of H1N1, so it is unlikely we are going to obtain replacement supplies.

However, a wide range of physicians, hospitals, clinics and even drug stores are offering vaccinations, and anyone interested in obtaining one is urged to seek it on their own.

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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

■ www.flu.gov

■ Flu Symptom Assessment Test: <http://www.mayoclinic.com/health/flu-symptoms/FU00013>

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