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# What **COLLEGES** Need to Know about Flu



## Signs & Symptoms of Flu:

1. Sudden onset of symptoms
2. Fever over 100° F in adults, and as high as 103° to 105° F in children
3. Chills and sweats
4. Headache
5. Dry cough; can become severe
6. Muscle/joint aches and pains
7. Fatigue and weakness
8. Loss of appetite
9. Diarrhea and vomiting in children

## Seasonal & H1N1 Flu

- Flu is a contagious respiratory illness caused by influenza viruses; H1N1 virus also called “Swine” flu.
- Flu spreads from person to person (cough, sneeze, runny nose).
- In the US, 5% to 20% of the population gets seasonal flu.
- About 36,000 people die annually from flu-related causes in the US.
- H1N1 has caused greater disease burden in people **younger than 25 years of age** than in older people.
- People with certain chronic conditions may be at high risk for serious flu complications and should consult their physician.
- Those infected and contagious can infect others from 1 day before getting sick to 5 to 7 days after, possibly longer in children and people with weakened immune systems.



## PREVENTION IS KEY!

- **Practice good hand hygiene** by washing your hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.
- **Cover your mouth and nose with a tissue when you cough or sneeze.** If you don't have a tissue, cough or sneeze into your elbow or shoulder; not your hands.
- **Stay home or at your place of residence if you are sick** for at least 24 hours after you no longer have a fever (100° F or 38° C) or signs of a fever (chills, feel warm, flushed appearance, sweats). This should be determined without the use of fever-reducing medications. Staying away from others while sick can prevent others from getting sick too. Ask a roommate, friend, or family member to check up on you and to bring you food and supplies if needed.
- **Talk to your health care provider** to find out if you should be vaccinated for seasonal flu and/or 2009 H1N1 flu. Information about 2009 H1N1 flu vaccination can be found at: [www.cdc.gov/h1n1flu/vaccination](http://www.cdc.gov/h1n1flu/vaccination). Information about seasonal flu vaccine can be found at: [www.cdc.gov/flu/protect/keyfacts.htm](http://www.cdc.gov/flu/protect/keyfacts.htm).
- **Frequently clean your living quarters.** If you live together with other students, you should frequently clean commonly-used surfaces such as doorknobs, refrigerator handles, remote controls, computer keyboards, countertops, faucet handles, and bathroom areas.
- Plan to **monitor your health**, get plenty of rest, exercise & eat a healthy diet.
- **Talk with your health care provider** to see if you are at higher risk for complications from flu.
- **Update emergency contact lists.**
- **Learn more** about your institution's pandemic response plan.

### If flu conditions become **MORE** severe, students, faculty, and staff should consider the following steps:

- **Extend the time you stay home or at your residence** to at least 7 days, even if you feel better sooner. If you are still sick after 7 days, continue to stay home until at least 24 hours after your symptoms have completely gone away.
- **Prepare for the possible suspension of classes** by planning to continue your work at home, and find a place where you can stay either by going to your home, home of a relative, or close friend of the family.

## FOR MORE INFORMATION

[WWW.PCHD.ORG](http://WWW.PCHD.ORG) • [WWW.ODH.OHIO.GOV](http://WWW.ODH.OHIO.GOV) • [WWW.CDC.GOV](http://WWW.CDC.GOV) • [WWW.FLU.GOV](http://WWW.FLU.GOV)  
1-800-CDC-INFO