



University of Pittsburgh

Office of Human Resources
Associate Vice Chancellor

302 Craig Hall
Pittsburgh, PA 15260
412-624-8030
Fax: 412-624-4781

To: University of Pittsburgh Faculty and Staff
From: Ronald W. Frisch
Date: August 2009
Subject: Novel H1N1 Influenza (Swine Flu)

The University is closely monitoring the current situation involving novel H1N1 influenza (or swine flu). The Center for Disease Control and Prevention (CDC) has advised us that symptoms for novel H1N1 flu have been similar to seasonal influenza and include fever, fatigue, headache, vomiting, body aches, diarrhea, cough and/or sore throat. The CDC further recommends the following:

- Faculty and staff who have influenza-like symptoms should self-isolate (i.e., stay away from others) until free of fever for 24 hours.
- Faculty and staff with influenza-like symptoms should contact their health care provider to report illness by telephone before seeking care.
- Household members or those caring for an ill person should follow CDC guidance for caring for sick persons at home.
- Persons who are at high risk of complications from influenza infection (for example, persons with certain chronic medical conditions or women who are pregnant) should consult their health care provider.

As of this writing, details regarding a vaccination for the novel H1N1 influenza remain tentative. However, faculty, staff, and students, along with their family members are encouraged to consider receiving the seasonable flu vaccination that will likely begin in September.

Following are the measures all of us can take to avoid this virus and control the spread of infection:

1. Cover your nose and mouth with a tissue when you cough or sneeze.
2. Wash your hands often with soap and hot water. Alcohol-based hand cleaners are also effective.
3. Avoid touching your eyes, nose or mouth. Germs spread this way.
4. As mentioned above, if you get influenza-like symptoms, seek medical care and limit contact with others.

Pitt Students will be receiving a letter sent to their homes before they arrive for the fall term advising them to follow these guidelines.

The University will continue to monitor this situation. Information provided by the CDC, the World Health Organization (WHO), local or state health authorities as well as the University's Pandemic Flu Working Group are posted on the University's web site dedicated to this situation at:
<http://www.pitt.edu/swine-flu/index.html>.