

INFLUENZA A (H1N1)

What PITT students need to know ...



BACKGROUND:

- Novel Influenza A (H1N1), previously referred to as “Swine Flu,” is a new virus.
- Infects younger age groups (under 25 years) the most.
- Those at greater risk of complications from the flu include:
 - Ages less than 5 or 65 and older
 - Pregnant women
 - Those with a co-existing medical condition, such as asthma or diabetes mellitus

HOW TO PREVENT IT:

- Stay informed!
- Cover your nose and mouth when you cough and sneeze.
- Dispose of used tissues.
- WASH YOUR HANDS often with soap and hot water.
- Use alcohol-based hand sanitizers.
- Avoid touching your eyes, nose, and mouth. GERMS SPREAD THAT WAY!
- STAY HOME if you are sick so that you don't infect others.

SYMPTOMS:

- Most patients have typical flu-like symptoms that tend to be mild.
- Commonly reported symptoms:
 - Cough
 - Fever
 - Sore throat
 - Fatigue
 - Headache
- Gastrointestinal symptoms, such as nausea, vomiting, and/or diarrhea occur in some of patients.

THE VACCINATION:

There are 5 groups identified by the Centers for Disease Control and Prevention who have been targeted to receive the H1N1 influenza vaccine when it becomes available (*earliest expected available vaccine is mid-October*):

- Pregnant women
- Caregivers or household contacts of infants under 6 months old
- Health care and emergency services workers
- Young people between 6 months and 4 years of age
- Children 5 through 18 years of age with underlying risk conditions, such as diabetes or asthma

HOW TO MANAGE IT:

- Students who have flu-like symptoms should self-isolate for at least 24 hours after their fever is gone (without the use of a fever-reducing medicine). If feasible, students should go home to recuperate.
- Self-care measures include: get plenty of rest and fluids and take medications such as fever reducers and pain medicine (acetaminophen and/or ibuprofen).
- Medications such as oseltamivir (Tamiflu®) are recommended for treatment of H1N1 only in special circumstances, for example, in pregnant women, patients with high-risk medical conditions, and hospitalized and critically ill patients.

SICK CONTACTS:

If your roommate or other close contact is told that s/he may have H1N1 and you have a chronic illness such as asthma, diabetes, heart disease or other serious chronic condition, are immunosuppressed due to a medical condition or medications, or are pregnant, then you should contact Student Health Service (412-383-1800) to schedule an appointment. You may benefit from antiviral medication.

WARNING SIGNS: SEEK EMERGENCY MEDICAL CARE!

- Difficulty breathing or shortness of breath.
- Pain or pressure in the chest or abdomen.
- Sudden dizziness.
- Confusion.
- Severe or persistent vomiting.
- Flu symptoms that improve temporarily, but then return with fever and worse cough, which could be a sign of pneumonia.

FOR MORE INFORMATION:

University of Pittsburgh: www.pitt.edu/swine-flu
Allegheny County Health Department: www.achd.net
Centers for Disease Control & Prevention: www.cdc.gov/h1n1

AVAILABLE AT SHS PHARMACY (412-383-1850):

- Non-prescription medications
 - Extra Strength Tylenol® (Acetaminophen) 500 mg
 - 50 for \$1.75
 - 700 for \$16.95
 - Motrin® (Ibuprofen) 200mg
 - 100 for \$3.75
 - 500 for \$9.95
- Thermometer: \$3.00

The CDC is NOT currently recommending that institutions cancel or dismiss classes or large gatherings