

## H1N1 “Swine” Flu Precautions

This summer MTSU Health Services began seeing a few students with H1N1 flu. As the Fall semester begins and more students are on campus, we are expecting that at some point the incidence of this new flu virus at MTSU will increase. While we can not stop this virus from coming to MTSU, we will do our best to minimize its impact.

Thankfully, at this time, H1N1 flu is behaving like typical seasonal flu and is responding in a predictable and consistent manner. Students have fever, muscle aches, headache, usually cough, often sore throat, and sometimes nausea and vomiting. Students who have H1N1 influenza typically have a fever for 2-4 days and are considered contagious for 24 hours after resolution of fever. This means the typical college student will need to miss 3-5 days of class, work, and extra-curricular activities.

In light of the small risk of more severe disease with any influenza virus, including H1N1 influenza, we also want to make sure students are aware of the warning signs that necessitate urgent medical attention:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms which improve but then return with fever and worsening cough

MTSU advises students to take the precautions outlined below to help themselves and others stay healthy. The following advice comes from the U.S. Department of Health & Human Services and the Centers for Disease Control and Prevention.

Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash immediately after use.

Wash your hands often with soap and water, especially after you cough or sneeze.

Alcohol-based hand cleaners are also effective.

Avoid touching your eyes, nose or mouth. Germs spread this way.

Try to avoid close contact with sick people.

If you get sick with influenza, stay home from work or school and limit contact with others to keep from infecting them.

If you have any flu like symptoms please make an appointment online [www.mtsu.edu/healthservices](http://www.mtsu.edu/healthservices) or call 898-2988. For additional information on H1N1 flu see the Health Services website and [www.cdc.gov](http://www.cdc.gov) and [www.flu.gov](http://www.flu.gov)