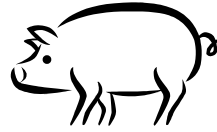


## Sacramento State Student Health Services

Health Alert: Update May 1, 2009

Topic: Influenza A - H1N1 / Swine Flu



The Centers for Disease Control has announced that cases of the swine flu have been identified in several states including California. This type of influenza is rare in humans; however, it can be spread from person to person. The regular flu shot does not protect against the swine flu.

### **What is it?**

A respiratory illness similar to other flu viruses

### **How do I get it?**

By being in close contact (within 6 feet) of a person who is coughing and has flu symptoms.

### **What are the symptoms?**

Fever, (usually  $>100^{\circ}$ ), cough, sore throat, runny nose, body aches, headache, chills, and fatigue.

### **How is it treated?**

Usually with over-the-counter medications that help the symptoms while your body is fighting the virus. Some antiviral medications may help, but they are costly and must be taken within the first 48 hours of symptoms.

### **Am I at risk?**

Have you traveled to Mexico, San Diego or Texas in the past 7 days?  
Have you been in close contact with someone who has been ill with flu symptoms or who lives in Mexico, San Diego or Texas? If so, you may be at risk for contracting the swine flu virus.

### **What can I do?**

There are everyday actions people can take to stay healthy.

- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

- If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Don't share eating and drinking utensils, cigarettes or lipstick.
- Try to avoid close contact with sick people. Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.
- Stay home for a whole week if you become ill with flu-like symptoms. Take care of yourself with rest, fluids, cough medicine and fever reducing medicines (no Aspirin).
- If you feel you need medical care, come to the health center or see your regular health care provider.

### **Hotline Information**

As part of California Department of Public Health's (CDPH) efforts to provide updated information to Californians on what they can do to protect themselves and their families from the swine flu outbreak, CDPH has activated a toll-free H1N1 (swine flu) hotline in English and Spanish. Assistance in other languages is also available.

The phone number is [1-888-865-0564](tel:1-888-865-0564) and the hotline is available Monday through Friday, from 7 a.m. to 6 p.m., and on weekends from 8 a.m. to 4 p.m., or you can also call the Sacramento County Department of Health Service 24 hour information line by dialing [211](tel:211) from any regular, non-business telephone for the most updated information

### **Website Information**

[http://www.cdc.gov/swineflu/key\\_facts.htm](http://www.cdc.gov/swineflu/key_facts.htm)

[http://www.cdc.gov/swineflu/guidance\\_homecare.htm](http://www.cdc.gov/swineflu/guidance_homecare.htm)

<http://www.cdph.ca.gov/HEALTHINFO/DISCOND/Pages/SwineInfluenza.aspx>

<http://www.who.int/csr/disease/swineflu/en/index.html>

**Information specific to Sacramento State from the campus Department of Public Affairs can be found at:**

<http://www.csus.edu/pa/swineflu/>

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