H1N1 Flu Information for Parents

What is H1N1 flu (swine flu)?
H1N1 is an influenza virus that normally infects pigs. A new type of swine flu has developed with the ability to infect people and be transmitted from person to person. Although this new virus is called “swine flu,” it is not transmitted from pigs to humans, nor can you contract the flu from eating pork products. Like other respiratory diseases, it is spread from person to person through coughs and sneezes. When people cough or sneeze, they spread germs through the air or onto surfaces that other people may touch.

What are the symptoms?
The symptoms of H1N1 flu in people are similar to the symptoms of seasonal flu and include fever above 100 degrees, cough, sore throat, body aches, headache, chills and fatigue. Some people with H1N1 flu also report diarrhea and vomiting. Though very uncommon, severe illness (pneumonia and respiratory failure) and deaths have been reported with swine flu infection. Similar to seasonal flu, swine flu may make chronic medical conditions worse.

What can my daughter or son do to stay healthy?
• Get a seasonal flu shot as soon as possible. Counseling, Health, and Wellness Services (CHWS) will have seasonal flu vaccine available in September; call extension 1555 to schedule an appointment. There are also many clinics and pharmacies in the community that offer flu shots. A vaccine especially developed for HINI is in production and expected to be available in mid-October.
• Wash hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.
• Eat a well-balanced diet and get enough rest.
• Avoid sharing eating utensils, bottles, cigarettes, or other objects that come into contact with the mouth.
• Cover the nose and mouth with a tissue or sleeve when coughing or sneezing. Throw the tissue in the trash after use and wash hands.
• Avoid touching eyes, nose or mouth. Germs spread this way.
• Try to avoid close contact with people who are ill.

What is Puget Sound doing?
We continue to keep abreast of current developments regarding H1N1. We are prepared to respond to an outbreak on campus, including contingency planning for residential life, food service, classes, and campus events. We also have access to campus, county, and state communication and emergency response systems, should there be a need to use these resources. We will keep the campus community informed of developments related to the flu, and post information on the Counseling, Health, and Wellness Services Web site (see below).

Where can we get more information?
• Counseling, Health, and Wellness: www.pugetsound.edu/x34256.xml or 253.879.1555
• Pandemic Flu: www.pandemicflu.gov
• Pierce County Health Department: www.tpchd.org
• Centers for Disease Control: www.cdc.gov/flu/swine/investigation.htm
• Travel Advisories: www.cdc.gov/travel/contentSwineFluUS.aspx
• World Health Organization: www.who.int
• Washington State Department of Health: www.doh.wa.gov/swineflufacts.htm#gov/flu/swine/investigation.htm

Created by Counseling, Health, and Wellness Services, University of Puget Sound, 8/17/09