H1N1 Flu Information for Students

What is H1N1 flu (swine flu)?
H1N1 is an Influenza virus normally found in pigs. There are many such viruses and they rarely infect humans. The virus currently causing human illness is a new type of swine flu that has developed 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 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.

All members of the Puget Sound community are asked to take the following precautions to help avoid contact and transmission of this virus:

- Vaccines are the best tool we have to prevent influenza. Make an appointment with CHWS at extension 1555 to get a seasonal flu shot in early September. You can also get flu shots at clinics in the community, and even at some pharmacies. A vaccine specifically designed for H1N1 is currently in production and expected to be ready for the public in mid-October.
- Wash your hands often with soap and water. This removes germs from your skin and helps prevent diseases from spreading. Use sanitizing gels when hand washing is not available.
- Avoid touching your eyes, nose, or mouth, as these are pathways for the spread of germs.
- Do not share eating utensils, bottles, cigarettes, or other objects that touch your mouth.
- Cover your mouth and nose when you cough or sneeze and dispose of the tissue in the trash. If you don’t have a tissue, cough or sneeze into your upper sleeve, not your hands. Afterwards, wash your hands.
- Stay home when you’re sick or have flu symptoms so that you don’t spread the infection to others. Drink extra water, get plenty of rest, and check with a health care provider as needed.
- If you have more severe symptoms such as fever over 100 degrees, cough, sore throat, body aches or are feeling more seriously ill, call CHWS for an appointment, or contact your health care provider. This is especially important if you think you may have had contact with someone with swine flu or severe respiratory illness in the seven days prior to becoming ill.
- Most important: get enough sleep, eat a well balanced diet, and exercise regularly to stay healthy!

For 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/swineflu/facts.htm