

## Operational Status

The University of South Florida Student Health Services is fully operational at this time.

## Travel Advisory

USF staff, faculty and students are advised to postpone or avoid any non-essential travel to regions of the world significantly impacted by H1N1 influenza. While there are no specific university travel restrictions at this time, all those scheduled to travel in the near future should be aware of health conditions occurring at their destinations. There are no USF students in study abroad programs in Mexico at this time.

Out of concern for their health, and the health of those with whom they live and work, USF faculty, staff or students who choose to travel to areas of the world affected by H1N1 flu are expected to monitor their health closely for seven days following their return. Should they develop a fever of more than 100.4 degrees Fahrenheit (38 degrees Celsius), a cough and/or a sore throat, they should contact a health care provider immediately and inform the provider of a possible H1N1 flu exposure.

## Health Advisory

In the wake of the “public health emergency” declared in the United States and Florida in response to the emergence of H1N1 influenza, USF Emergency Operations, USF Student Health Services, Hillsborough County Health Department, Florida Department of Health, and the U.S. Centers for Disease Control and Prevention are closely monitoring the situation to prepare for any necessary change in action.

H1N1 flu symptoms often begin abruptly and mimic seasonal influenza (*having all of these symptoms doesn't always mean you have the flu- many different illnesses have similar symptoms*):

- Fever, usually 100.5 or higher
- Severe body aches
- Cough and/or sore throat
- Fatigue
- Headache
- Vomiting and diarrhea are possible (more common in children than adults)

Treatment includes rest, fluids, fever reducers (Tylenol or Advil only) and typically an anti-viral medication such as Relenza or Tamiflu started in the first 48 hours of illness. These medications are available as a prescription through your health care provider. All those exhibiting influenza like symptoms are strongly urged to stay at home for the duration of the illness and for 2 days post recovery.

## Prevention Tips

USF Student Health Services encourages good health habits to prevent the spreading of flu. The most effective methods of prevention are:

- Frequent and thorough hand washing or, if not feasible, the regular use of alcohol-based hand sanitizers.
- Make it a habit not to touch your eyes, nose, or mouth except with a clean tissue.
- Cover your mouth and nose with a tissue when you cough or sneeze, then throw the tissue away.
- Cough or sneeze into your sleeve if no tissue is available.
- Stay away from others (preferably at home) when you are sick and/or keep at least a 3 foot distance from others that are sick.

## Additional Resources for information on H1N1 and its emergence worldwide:

### **CDC - Preventing the Flu: Good Health Habits Can Help Stop Germs**

[http://www.cdc.gov/flu/protect/habits.htm?s\\_cid=swineFlu\\_outbreak\\_003](http://www.cdc.gov/flu/protect/habits.htm?s_cid=swineFlu_outbreak_003)

### **Podcasts at CDC H1N1 Flu (Swine Flu)**

<http://www2a.cdc.gov/podcasts/player.asp?f=11226>

### **How Are You Feeling? A Student's Guide**

<http://www.paper-clip.com/Media/Sites-administratorsSiteNavigation/swinefluHEstudent%20guide.pdf>

### **CDC - 1N1 (Swine Flu) and You**

[http://www.cdc.gov/swineflu/swineflu\\_you.htm](http://www.cdc.gov/swineflu/swineflu_you.htm)

### **CDC - H1N1 Flu (Swine Flu)**

<http://www.cdc.gov/swineflu/index.htm>

### **World Health Organization - H1N1 Flu (Swine Flu)**

<http://www.who.int/csr/don/en/>

### **Red Cross - Flu (Swine Flu) Checklist**

[SeasonalFluChecklist.pdf](#)

## FAQs

### Student Health Services

#### What do I do if I think I may have the symptoms of H1N1 flu?

Contact your health care provider or USF Student Health Services for an appointment at 813-974-7474. It is advised to limit your interactions with other family and friends while you have influenza symptoms.

#### Should I wear a face mask if I am healthy?

The U.S. Centers for Disease Control and Prevention (CDC) does not recommend facemasks as a protective measure for healthy people in public settings.

USF will not be distributing facemasks to the campus community. As part of the influenza preparedness plan, USF Student Health Services has stocked sufficient supplies to provide facemasks to individuals whose job duties include tasks for which use of a mask has been recommended by the CDC. Examples include healthcare workers providing care to sick students and members of the USF community who may be called upon to transport sick individuals.

People who have influenza symptoms should limit the potential for the spread of the virus to others by wearing a facemask when they are in close contact, such as a healthcare setting or interacting with a caregiver, or if it is unavoidable for them to go into a crowded public setting.

#### What if I have to miss class due to an illness?

Staying home when you are sick with the flu is the best course of action to support your own recovery and will help limit the spread of disease to others. As with any illness, students are expected to communicate promptly with their professors if they are going to miss a class, an exam or a deadline due to influenza symptoms.