

## 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.

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

Recently USF Student Health Services has received confirmation of three cases of H1N1 influenza in USF students. By the time the illness was confirmed as H1N1 all the students had recovered and are doing well. As the media has reported, this influenza has been spreading worldwide yet remains a relatively mild illness at this time. With advent of this disease process on our campus and the likelihood that we will have more cases as time goes on, SHS wishes to review the measures we all can utilize to keep ourselves healthy. USF personnel and Student Health Services continue to closely monitor 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 include:

- Stay informed. This website and the sites listed below will be updated regularly as information becomes available.
- Influenza is thought to be spread mainly person to person through the coughing or sneezing of infected people.
- Take everyday actions to stay healthy.
  - Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
  - 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 that way.
  - Stay home if you get sick. The CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.
- Follow public health advice regarding school closures, avoiding crowds and other social distancing measures.
- Find healthy ways to deal with stress and anxiety.

For more details on important habits to prevent spreading germs visit the Centers for Disease Control (CDC) at [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). These tips are especially important for students as they often experience a reduction in sleep and an increase in stress which may cause some compromise to their immune systems.

Additionally, we have posted links to a variety of sources of information on this flu here and on the Student Health Services website at [www.shs.usf.edu](http://www.shs.usf.edu). Please visit this website for more details and regular updates on this national health concern.

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

### 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

**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.