

September 1, 2009

Dear CSUSB student,

The H1N1 flu virus (also known as swine flu) is widespread throughout the world and is appearing on college campuses. This strain seems to be more frequent in children and young adults because those younger than 50 years of age have not yet had contact with a similar type of this virus. Fortunately in the vast majority of cases it seems no more severe than the seasonal flu.

The symptoms of novel H1N1 flu virus include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. A significant number of people who have been infected with this virus also have reported diarrhea and vomiting.

You can take precautions to protect yourself, your family and community. If you become ill with influenza-like symptoms, you should stay home and avoid contact with other people until you are free of fever for 24 hours (and without medication that would lower your temperature). Staying at home means that you should not leave your home except to seek medical care. This means avoiding normal activities, including work, school, travel, shopping, social events, and public gatherings. If you live in campus housing, you should isolate yourself in your room and report your symptoms to housing immediately.

If you are pregnant or have a chronic medical condition such as diabetes, cancer, asthma, heart or lung problems, or a weakened immune system, you should consult with your physician. Your health care provider will determine whether flu testing or treatment is needed.

The Center for Disease Control (CDC) is not recommending institutions cancel or dismiss classes or other large gatherings at this time. Any such decisions will be communicated broadly to faculty, students and staff by campus administration. The CDC is studying the virus and its capabilities to try to learn more and will provide more information as it becomes available.

There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza.

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Maintain adequate rest and nutrition to avoid becoming 'run down.'
- 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 this way.
- Try to avoid close contact with sick people.
- Stay home until you are free of fever for 24 hours. This is to keep from infecting others and spreading the virus further.

Other important actions that you can take are:

- Follow public health advice regarding school closures, avoiding crowds and other social distancing measures.

- Be prepared in case you get sick and need to stay home for a week or so; a supply of over-the-counter medicines, alcohol-based hand sanitizers, tissues and other related items could be useful and help avoid the need to make trips out in public while you are sick and contagious.
- The seasonal flu vaccine will be available to registered students for \$10.00 and to staff for \$25.00.
- H1N1 vaccine: recent recommendations from the CDC have placed individuals under age 24 in the top priority group for receiving the vaccine. More information will be available in the coming weeks regarding how and when this vaccine will be given.

For more information, visit www.cdc.gov or call the Student Health Center at 909 537-7356.

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