

Flu is a serious contagious disease

Each year in the United States, on average, more than 200,000 people are hospitalized and 36,000 people die from seasonal flu complications.

This flu season could be worse

There is a new and very different flu virus called Novel H1N1 flu now spreading worldwide. This virus may infect more people and make them sicker than usual.

Flu-like symptoms include:

- Fever (100.4F or higher)
- Headache
- Extreme fatigue or tiredness
- Muscle aches, often severe
- Dry cough
- Runny or stuffy nose
- Sore throat
- Vomiting
- Sometimes diarrhea
- Note: A sore throat and runny nose without a fever, extreme fatigue and body aches is more likely to be a cold than the flu.

If you have these symptoms:

Call the Student Health Center

540-654-1040

or

Contact your medical provider

or

Call the FLU INFOLINE

540-654-2500

For more information:

**Department of Health and Human
Services Center for Disease Control
and Prevention**

www.flu.gov

or call

800-CDC-INFO

Virginia Department of Health

<http://www.vdh.state.va.us/>

or call

877-ASK-VDH3

WebMD
Better information. Better health.

<http://www.webmd.com/cold-and-flu/swine-flu/>

**University of Mary Washington
Public Safety and Community
Services**

Emergency Management 540-654-2096
Emergency Communications 540-654-1025
Institutional Fire Safety Office 540-654-2108

**Student Health Center
Reception Desk 540-654-1040**

**FLU INFOLINE
540-654-2500**



Public Safety



Community

Services Department



What is novel H1N1 (swine flu)?

Novel H1N1 (referred to as "swine flu") is a new influenza virus causing illness in people. This new virus was first detected in the United States in April 2009. The virus is spreading from person-to-person worldwide, probably in much the same way that regular seasonal influenza viruses spread. On June 11, 2009, the World Health Organization (WHO) signaled that a pandemic of novel H1N1 flu was underway.



DO YOU KNOW WHAT TO DO ABOUT THE FLU.....



Take these everyday steps to protect your health

- 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 this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, the **CDC recommends that you stay isolated in your dorm room or home for at least 24 hours after your fever is gone** (without the aid of acetaminophen or ibuprofen) except to get medical care. Contact a friend or caregiver to bring food and supplies if needed. Have them leave them in a safe place for you to access from your living quarters. **(Keep away from others as much as possible to keep from making others sick.)**
- Eat a balanced diet with a variety of foods including fruits, vegetables, lean protein and whole grain products. Drink plenty of water and limit salt, sugar, saturated fats and alcohol.
- Exercise on a regular basis and get plenty of rest.



The University of Mary Washington is actively working with the Virginia Department of Health, the City of Fredericksburg and the Rappahannock Area Health District to prepare our community for the H1N1 Flu. UMW will offer

the CDC recommended vaccines in mid October and has plans in place for the flu surge.

With your help, both Fredericksburg and our Mary Washington family will have the necessary support needed to fight the flu this season.

The median age of people hospitalized (in hospital) due to swine flu is **19**. This does not happen during the normal flu season. Seasonal flu pretty much only kills the very young and very old. However, to date the majority of deaths from H1N1 flu have been in teenagers or middle-aged people.

If you think you have the flu, call Student Health **540.654.1040 BEFORE** coming to the Student Health Center located in Lee Hall.

Flu spreads directly from person to person. The best way we can stop an epidemic is for infected students, faculty and staff to stay in their room or home. Be courteous and isolate yourself from non-infected people and we can slow or prevent the spread. If you must go out, wear a mask.

The University academic program will attempt to make accommodations for individuals affected by the virus.



Take time to get vaccinated

- CDC recommends a **yearly seasonal flu vaccine as the first and most important step in protecting against seasonal flu.**
- The seasonal flu vaccine protects against the three seasonal viruses that research suggests will be most common that year. However, this year's seasonal vaccine will NOT protect you against novel H1N1.
- Vaccination is especially important for people at high risk of serious flu complications, including young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older.
- Seasonal flu vaccine also is important for health care workers, and other people who live with or care for high risk people to prevent giving the flu to those at high risk.
- **A new vaccine against novel H1N1 is being produced and will be available in the coming months as an option for prevention of novel H1N1 infection.**
- People at greatest risk for novel H1N1 infection include children, pregnant women, and people with chronic health conditions like asthma, diabetes or heart and lung disease
- When the local Rappahannock Health Department receives the supply of vaccine for the H1N1 virus, information will be distributed and vaccines will be available to **ALL** UMW students.