

## **H1N1 Virus: General Information**

Armstrong Atlantic State University officials continue to monitor the campus for the spread of the H1N1 virus. The virus is typically spread from person to person when an infected person coughs or sneezes. Seasonal influenza and the H1N1 influenza have similar symptoms, including fever, sore throat, muscle aches, cough runny nose and fatigue. Persons who contract H1N1 flu may only experience a fever of 100 degrees instead of the typically high fever associated with seasonal flu. Other symptoms that may be present with the H1N1 flu include nausea, vomiting and diarrhea.

AASU is following the latest recommendations from the Centers for Disease Control (CDC) for Institutions of Higher Education and the guidance of the Coastal Health District. These guidelines note that institutions of higher education may act as a “point of spread,” yet they also “recognize the need to balance risks of illness among faculty, students, and staff with the benefits of keeping students in classes.” Officials are not currently recommending that institutions close or cancel classes or other large gatherings. We will update the university community should the public health recommendations and guidance change.

To reduce the impact of influenza illness, all members of the university community are advised to take the following measures:

- Cover your nose and mouth with a tissue when you cough or sneeze and throw the used tissue in the trash.
- Wash your hands often with soap and water or use alcohol-based cleaners, especially after you cough or sneeze. Use your paper towel to turn off the water, and again when touching the door handle to exit a restroom.
- Avoid touching your eyes, nose, or mouth.
- Avoid close contact (within 6 feet) with others who are sick.
- Get the seasonal flu vaccine and the H1N1 vaccine when available.

Anyone who develops flu symptoms should immediately contact a health care provider. If you have flu-like illness, remain at home and away from other people *unless advised* to go to the doctor’s office or Student Health Center. Guidelines from the CDC state that individuals who present these symptoms should remain isolated until at least 24 hours after the fever has passed without the use of fever reducers.

Additional information *about the pandemic flu* may be found at

- [http://www.gachd.org/counties/chatham\\_county\\_health\\_deptme.php](http://www.gachd.org/counties/chatham_county_health_deptme.php)
- <http://health.state.ga.us/>
- <http://www.cdc.gov>