

Novel H1N1 Influenza (Swine Flu): Questions and Answers for Higher Education Institutions

Cayuga County Health Department

What is novel H1N1 (swine) flu?

- H1N1 is a novel (new) influenza A virus that is transmitted by person-to-person contact.
- H1N1 causes similar illness as seasonal flu.
- Most individuals with symptoms of influenza-like illness probably have H1N1, not the seasonal flu.

What are the symptoms of H1N1?

- The main symptoms are having a fever over 100° F and a cough or sore throat.
- Additional symptoms may include headache, body aches, tiredness, runny or stuffy nose, diarrhea, and vomiting.
- In many cases, the symptoms are mild and last only few days.

What can I do to reduce the risk of students getting H1N1? Advise students to:

- Get the H1N1 shot as soon as it becomes available. Also, get a seasonal flu shot.
- Limit personal contact such as handshaking, hugging, and kissing.
- Wash hands with warm water and soap, especially after sneezing and coughing.
- Avoid close contact with anyone who is sick.
- Stay in their dorm rooms/housing if they have flu symptoms to help reduce the spread of the disease.

What should I do if students develop flu-like symptoms?

- Advise students to remain in their dorm rooms/housing and not attend class if they suspect they are getting the flu.
- Students should NOT return to class until they are free of fever for at least 24 hours without the use of fever-control medications.
- Most people do not need to seek treatment for the flu. However, students with asthma, heart disease, diabetes, or other medical problems should CALL their health care



provider, including student health services for guidance.

- Do NOT go to the emergency room or urgent care facility with mild illness.

What can be done to decrease the spread of influenza?

- Student, faculty, and staff should stay at home if they have flu-like symptoms. This will help to reduce the spread of the virus to others.
- Students should cough or sneeze into their elbow or cover their mouth and nose with a tissue, then throw it away and wash hands afterwards.

**For more information visit
www.cayugacounty.us/hhs/doh
or call 253-1560**

