


H1N1

Tulane University:

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# H1N1 Influenza ("H1N1" Flu): and YOU



H1N1 flu, is a new type A influenza virus that spreads from person to person and causes illness in people. In the past it was also called swine flu because the virus has some genes of flu viruses that normally infect pigs. Further laboratory studies now show that the H1N1 virus has genes of flu viruses that also normally infect birds and humans. Therefore, the best name for this flu virus is just H1N1.

# How is Tulane Responding



- The Flu Task Force
  - ▣ Multidisciplinary team of individuals from campus monitoring the situation
- Ensures planning and needs for students and Tulane community are in place
- Following CDC guidelines and recommendations
- Daily teleconference
- There are diagnosed cases of H1N1 on campus.

# How Tulane is Responding



- There is no quarantine of students who are sick. Students are asked to self-isolate.
- There is no notification to parents or family of students who are sick. Students are encouraged to contact their family if they are diagnosed.
- Working with academic departments to work with students on attendance and make up if they have been sick.

# What are the signs and symptoms of H1N1?

- The symptoms of H1N1 flu are similar to the symptoms of regular human flu and include:
  - Fever
  - Cough
  - Sore throat
  - Body aches,
  - Chills
  - Fatigue
  - Headaches
- Some people have reported diarrhea and vomiting associated with H1N1 flu.

# Other H1N1 Flu Symptoms



So far symptoms in young adults with H1N1 have been relatively mild and infected people are recovering in a matter of days rather than weeks.

Like seasonal flu, this strain of flu may cause a worsening of underlying chronic medical conditions.

# How can someone with the flu infect someone else?



Infected people may be able to infect others beginning 1 day before symptoms develop and up to 7 or more days after becoming sick.

That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.

People are considered contagious until they have been fever free for 24 hours without medication.

# Diagnosis



- Student Health Center offers rapid flu testing for seasonal Type A influenza
  - ▣ No rapid test for H1N1
- Currently, the state lab will not process specimens for H1N1 due to the current volume.
- If students present with flu like symptoms it is presumed to be H1N1 and treated as such.

# Are there medicines to treat H1N1 flu?



- There are prescription medicines, called anti-viral drugs, which help keep the H1N1 virus from producing in the body.
- These medications are particularly helpful for persons at high risk of developing severe disease.
- The Student Health Center will provide any necessary treatments.

# Antiviral Medication



- ❑ Student Health Center has antiviral medications available and will dispense to students as medically necessary.
- ❑ Not everyone needs or requires antiviral treatment.
- ❑ Limited window of treatment opportunity (usually within 48 hours of infection).

# Primary Treatment



- Self Isolation
  - ▣ If within 1 day go home
- Treatment
  - ▣ Over the counter medications
- If symptoms worsen, call SHC

# Vaccination



- Everyone should get their regular seasonal flu shot
  - Flu Clinics are scheduled in the dorms and at the LBC on Campus
  - [wellness.tulane.edu](http://wellness.tulane.edu) for dates and times
- There will be an H1N1 vaccine available in mid October.
  - Unclear how much vaccine we will receive
  - Distribution will be based on CDC criteria
- No student organization or group has been or will be given preferential treatment in regards to H1N1 vaccine.

# What should students do to keep from getting the flu?

- H1N1 flu virus, like other influenza viruses is mainly spread through coughing and sneezing, touching objects that have been contaminated with the virus, and spreading the virus by not washing hands often and appropriately.
- To protect yourself and prevent the spread of H1N1 and the regular seasonal flu take the following action steps:

# What should students do....



Cover your nose and mouth when you cough or sneeze. It is best to cough or sneeze into your sleeve. If you must use a tissue throw it away immediately and wash your hands.

Wash your hands often with soap and water, especially after you cough or sneeze. While alcohol-based hand cleaners help, hand washing is by far the best way to prevent the spread from person to person.

Avoid touching your eyes, nose, or mouth. Germs spread this way.

Carry hand sanitizer in your pocket

# What should students do...



Try to avoid close contact with sick people. If their roommate is sick, be sure they follow the self-isolation guidelines for people with flu and the guidelines for roommates available online [wellness.tulane.edu](http://wellness.tulane.edu).

# For More Information



- [wellness.tulane.edu](http://wellness.tulane.edu)- FLU RESOURCE Page
  - Self-Isolation Guidelines
  - What to do if a roommate is sick
  - Parent Information
  - Flu Clinic Schedules
- Student Health Center(main line) 504-865-5255
- Triage Nurse (during office hours, M-F) 504-862-8121
- On Call Physician (after Hours) 504-889-3352