



## INFLUENZA A – H1N1 INFORMATION

### The following Influenza A - H1N1 Precautionary Measures are still being encouraged:

- Seek medical care if you are severely ill or exhibit flu symptoms such as a temperature of 100° or greater and new onset of cough or sore throat or have been assessed by an MD. Contact Health Services to make an appointment with the MD/NP if you suspect you have Influenza A-H1N1.
- If you are ill, ***please stay home***. Do not come to work or school or leave your home unnecessarily.
- When you cough or sneeze, cover your nose and mouth with a sleeve or tissue. Use hand sanitizers and wash hands frequently.
- Do not share drinks or eating utensils.
- Avoid contact with ill individuals.
- Get plenty of rest and drink fluids.
- Antiviral medications are available for students in Health Services as prescribed by the MD or NP.
- Do not return to work or school until you **have not had a fever for 24 hours** without use of aspirin, Motrin or other fever reducing medication

If you have additional questions about the flu, please contact the **San Diego County Swine Flu Hotline at (858) 715-2250**, or click one of the links below or call your personal physician.

**Information and guidelines are being updated frequently. Please see the websites below:**

**Additional information on the Influenza A - H1N1 may be found on the following websites:**

**San Diego Department of Health and Human Services:** [http://www.sdcounty.ca.gov/Portal/News/swine\\_flu\\_cdc\\_sd.html](http://www.sdcounty.ca.gov/Portal/News/swine_flu_cdc_sd.html)

**U.S. Centers for Disease Control and Prevention:** [http://www.cdc.gov/swineflu/swineflu\\_you.htm](http://www.cdc.gov/swineflu/swineflu_you.htm)

**California Department of Public Health:** <http://cdph.ca.gov>

**American College Health Association:** [http://www.acha.org/info\\_resources/ACHA\\_Guidelines\\_H1N1\\_Sep09.pdf](http://www.acha.org/info_resources/ACHA_Guidelines_H1N1_Sep09.pdf)