

“Novel H1N1 Flu” News



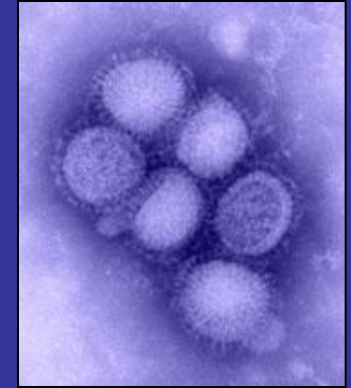
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What is H1N1 Flu?

(It's NOT Bird flu/Pandemic flu...that's H5N1)

- **Novel H1N1 flu is a new strain of influenza that was first detected in people in the US in April 2009.**



- **Cases range from mild to severe.**
- **This H1N1 flu has caused greater “disease burden” in people **younger than 25 years of age** than in older people. (That means our children, and our students....)**

- **At this time, there are few cases and few deaths reported in people older than 64 years old, which is unusual when compared with seasonal flu.**
- **However in adults age 25-64, pregnancy and other high risk medical conditions (diabetes, asthma, heart disease, etc.) increase the risk for serious complications from this flu.**

Is It Here???? Yes...

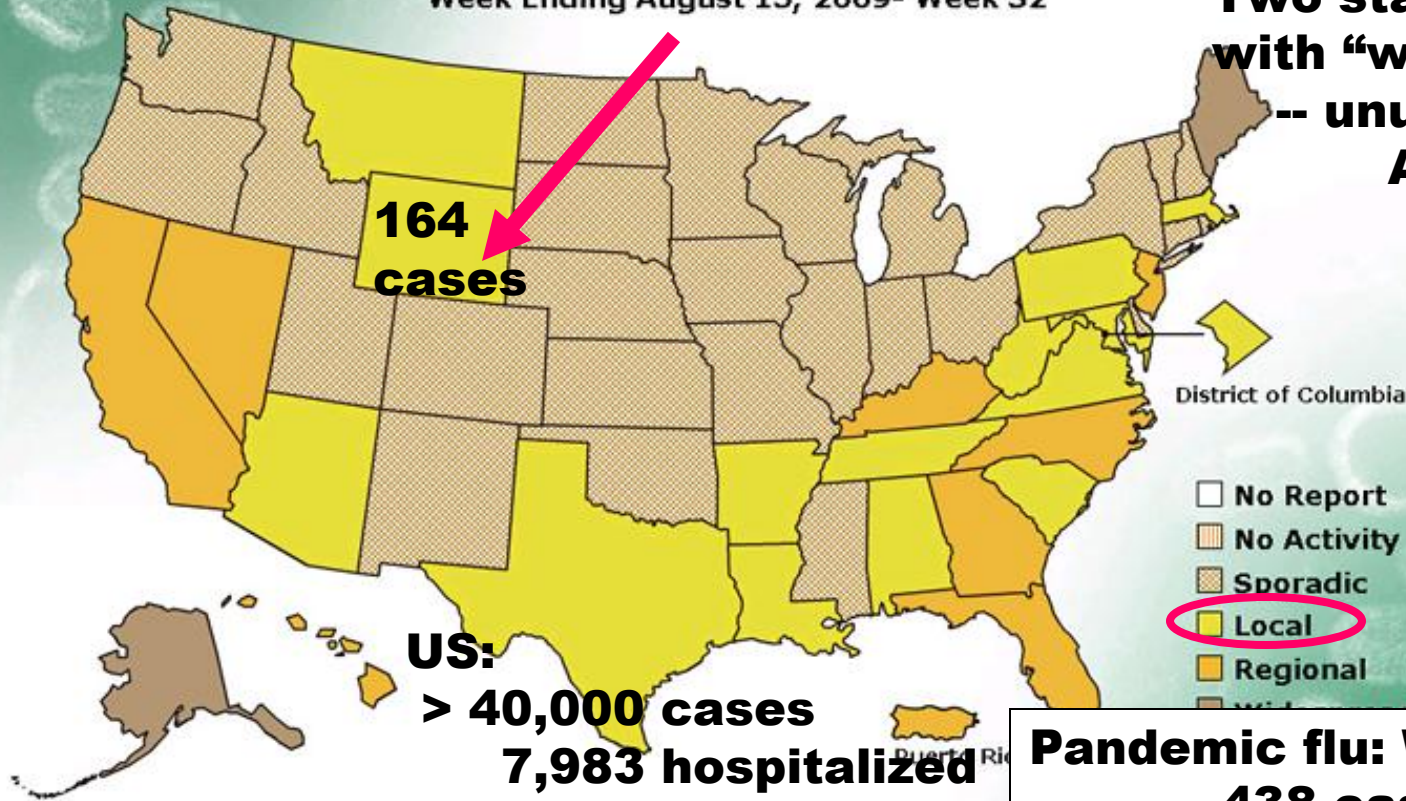
FLUVIEW



A Weekly Influenza Surveillance Report Prepared by the Influenza Division
Weekly Influenza Activity Estimates Reported by State and Territorial Epidemiologists*

Week Ending August 15, 2009- Week 32

Two states with "widespread" -- unusual for August



US:
> 40,000 cases
7,983 hospitalized
533 deaths

Pandemic flu: Worldwide
438 cases
262 deaths

*This map indicates geographic spread and does not measure the severity of influenza activity.

How bad might it be?

- Because it is **highly contagious**, it is predicted that **30-50% of the population will get this flu.**
(Seasonal flu usually infects 15-25%.)
- The **start of school** will cause case numbers to **skyrocket**
- Most people will have mild to moderate disease – **but children and young adults (up to age 24) will be the hardest hit, and have a greater risk of severe disease**

What are the signs & symptoms?

Symptoms are similar to those associated with seasonal flu.

- **Fever/chills**
- **Cough**
- **Sore throat**
- **Runny nose**
- **Body aches**
- **Headache**
- **Fatigue**



- In addition, vomiting & diarrhea have been reported (~ 25%).

How is it spread?

- **The same way seasonal flu spreads – primarily through respiratory droplets**



- **by inhaling spewed droplets, or**
- **by touching respiratory droplets on surfaces or objects, then touching your mouth, nose, or eyes without washing hands**
(perhaps to be the primary route for spreading H1N1?)

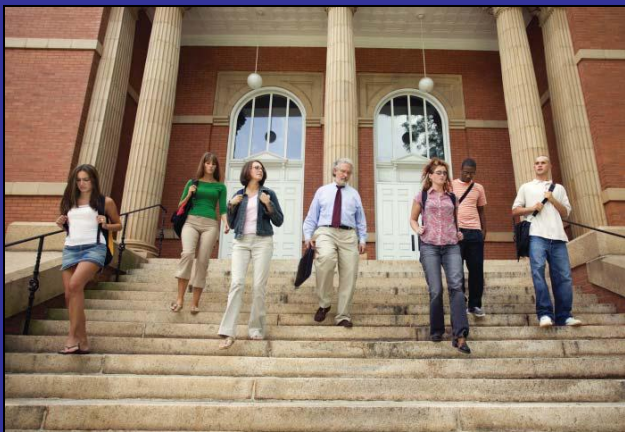


How can you help prevent the spread?

- **Cover your coughs**
- **Wash your hands or use hand-sanitizer**
- **Clean/disinfect surfaces**
- **Stay home if you have the flu**



What should colleges & universities do?⁹



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CDC's Guidance for Responses to Influenza for Institutions of Higher Education during the 2009–2010 Academic Year



- This new guidance applies to any flu virus circulating during the 2009–2010 academic year, not only 2009 H1N1 flu. It recognizes the need to **balance risks of illness** among faculty, students, and staff **with the benefits of keeping students in classes.**

Separate people who are sick from those who are well as soon as possible.

- Based on current flu conditions, faculty, students, and staff with flu-like illness should **stay** in their **home** or residence hall **until at least 24 hours after they no longer have a fever** (100 degrees Fahrenheit or 38 degrees Celsius).
- This should be determined **without the use of fever-reducing medications** (any medicine that contains ibuprofen or acetaminophen).

People with flu need to stay home!



Institutions can **encourage** students, faculty, and staff to **stay in their homes** or residence halls when they have the flu **by considering:**

- adjusting sick leave policies with regard to the flu for faculty and staff to ensure they do not return to work or class while sick or caring for an ill family member.**
- similarly altering policies with regard to the flu for students to ensure that there are no academic consequences for staying home while sick (i.e., no punishment for missed classes and examinations, turning in assignments late, etc.)**

- **If possible, sick dorm students who live relatively close to campus should return to their home to keep from making others sick.**
- **Do not require a doctor's note to confirm illness or recovery.**
Doctor's offices may be very busy with severely ill patients.

Increase routine cleaning to reduce the spread of the flu

- Establish regular schedules for **frequent cleaning of high-touch surfaces** (for example, bathrooms, doorknobs, elevator buttons, and tables).
- Provide **disposable wipes** so that commonly used surfaces (for example, doorknobs, keyboards, remote controls, desks) can be **wiped down by students before each use**.
- Encourage students to frequently clean their living quarters.

Encourage Vaccination

- Encourage any students, faculty, and staff to get vaccinated for seasonal flu.
- Encourage students, faculty, and staff who are at **higher risk for flu complications** from 2009 H1N1 flu to receive the **H1N1 vaccine** when it becomes available.
(In October – 45 million doses will be available, with 20 million more per week after that)

Target groups for vaccination (159 mil.) (order of target groups does not indicate priority):

- **pregnant women**
- **persons who live with or provide care for infants aged <6 months**
(e.g., parents, siblings, and daycare providers)
- **health-care and emergency medical services personnel**
- **persons aged 6 months-24 years**
- **persons aged 25-64 years who have medical conditions that put them at higher risk for influenza-related complications.**

Might the situation become more severe? What then?

- The CDC and its partners will continue to **monitor the spread** of flu, the severity of the illness it's causing, and whether the virus is changing. State and local health departments will also be **on the lookout for increases in severe illness** in their areas and will provide guidance to their communities.
- Guidelines could then change – the CDC may recommend different strategies and actions.
- **Your “flu guru” will stay on top of it!**

So in summary...

- **CDC anticipates that there will be more cases, more hospitalizations and more deaths associated with this new virus in the coming days and weeks** because the population has little to no immunity against it.
- **We all need to work to limit the spread** of H1N1 influenza.

Be sure that you are personally prepared!

Stock up on:
Tissues
OTC Medicines
Food, etc.



Hand sanitizer
Cleaning supplies
Disinfectant wipes

