

10/12/09 UA H1N1 Flu Status Update #4

We are still seeing H1N1 flu illness occurring in members of the UA community. The numbers are smaller than in late August and early September, but it is still around and is expected to surge again once we enter the more traditional flu season (November through April) and weather. The majority of people who become ill with H1N1 flu are still having a mild illness and are recovering generally within 7-10 days.

Flu prevention and illness management is still very important. Please continue to follow these flu prevention recommendations:

- Mind your hands and sneezes | Wash your hands frequently and for at least 20 seconds; keep your hands away from your eyes, nose and mouth; cover coughs and sneezes using a tissue or your sleeve (but not your bare hand). Teach these practices to everyone at home.
- If you're sick, stay home | When you come to school/work sick, you're putting your classmates, instructors and/or co-workers' health at risk. Getting this virus will be especially serious for those considered "high risk" for complications - people who are pregnant and those who have diabetes, asthma, heart disease and other conditions. Along those same lines, we're also asking you to stay away from health clinics and medical offices. If your symptoms are severe and you feel you need to seek medical help, please call your doctor's office before going in. Severe symptoms include: fever of 102.5 or higher, or a lower fever that lasts more than three days; severe cough or chest pain; nausea and vomiting; severe headache.
- Get flu shots | We recommend getting the vaccine for the H1N1 flu.

H1N1 vaccine information -

We are expecting to begin receiving small supplies of the H1N1 vaccine in late October or early November and will begin offering H1N1 flu shot clinics soon after we receive those supplies. Based on more limited early supplies of the vaccine, the focus of our initial H1N1 flu vaccination efforts will be on the following groups:

- students age 18 or younger
- anyone over 18 with a high risk medical condition
- women who are pregnant
- people who live with or care for children younger than 6 months of age
- health care personnel and health professions students (e.g. medical students, nursing students, etc.).