

6/01/10 UA H1N1 flu status update #15

We have seen very little H1N1 flu illness occurring since early spring which is in line with the decreases in cases seen in the general Tucson community. Nationally, most states are reporting no influenza activity or sporadic activity. This is typical for May during non-pandemic years. The majority of the influenza [viruses](#) identified so far continues to be 2009 H1N1 influenza A viruses.

H1N1 flu vaccine is still available locally and at the UofA Campus Health Service (see below for H1N1 vaccine availability*). Even though many people have been vaccinated, flu prevention and illness management is still very important.

Please continue to follow the guidelines that have been communicated throughout the pandemic flu outbreak:

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 chronic medical conditions. Along those same lines, we also ask 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, especially if may be travelling this summer or fall to countries in the southern hemisphere.

*H1N1 vaccine information - The Campus Health Service has limited supplies of H1N1 vaccine, which is available to all UA students and staff.

If you would like to receive the H1N1 vaccine, come to the Campus Health Service between the hours of 8am-12noon and 1pm-4:00pm Monday, Tuesday, Thursday or Friday –or- from 9am-12noon and 1pm-4:00pm on Wednesdays. Enter through the Urgent Care Clinic doors on the main floor of the Highland Commons Building and proceed directly to the Immunization Clinic. There is no need to check in at the front desk.

There is no charge for an H1N1 flu vaccine received through the Campus Health Service. The H1N1 flu vaccine is also available in the Tucson community. To find locations for other H1N1 flu shot clinics, please check the Pima County Health Department's website at http://www.pimahealth.org/disease/h1n1_influenza.asp.

The H1N1 flu vaccine is produced in the same way as seasonal flu vaccines. The shots are proving to be just as safe. They will not provide protection against seasonal flu, or against flu-like illnesses that can be caused by other viruses.

To protect against seasonal flu, which is more likely to occur during the months of January through March (typical peak flu months), you'll need a seasonal flu shot. The Campus Health Service has a very limited amount of seasonal flu vaccine that is available through our Immunization Clinic (see the information above re: location and hours of operation). Seasonal flu vaccine may also be available locally through Mollen Clinics. To see their flu shot clinic schedule, go to <http://mollen.com/>. There is a charge associated with the seasonal flu vaccine.

