

2009 H1N1 Influenza (Swine Flu) Information and Precautions

May 1, 2009

Washington State University is closely monitoring the current influenza outbreak and is preparing for an emergency response should it be necessary. As an additional precaution, we are asking you to help protect yourself and others from acquiring this illness. These precautions are applicable to any form of contagious outbreak.

Protect Yourself:

- Wash your hands frequently. When soap and water is not available, carry and use a waterless, alcohol-based hand gel containing at least 60% alcohol. Use it often.
- Avoid touching your hands to your mouth, nose, or eyes.
- Shaking hands is a common custom. However, this practice spreads germs and can cause you to receive or transmit the flu virus.
- Medically fragile populations, such as those with chronic diseases or the elderly, may want to avoid crowds to limit their potential for exposure to viral illnesses and the flu.

Protect others if you are ill:

- If you are ill with a respiratory condition that includes fever and a cough, please stay home.
- Cover your cough with your sleeve or a tissue. Dispose of the tissue immediately in a trash receptacle.
- Wash your hands with soap and water often and especially after you cough or sneeze. If soap and water are not available, use an alcohol-based hand gel containing at least 60% alcohol.
- Avoid close contact with other people as much as possible.
- Wear a surgical mask if you are in contact with other people.

If you or someone you know is returning from an area that has reported cases of H1N1 Influenza (Swine) flu:

- Closely monitor your health for 7 days.
- If you become ill with fever and other symptoms of a flu like cough and sore throat and possibly vomiting and diarrhea during this period, call your doctor or clinic for an appointment right away. Your doctor may test you for influenza and decide whether influenza antiviral treatment is indicated.
- *When you make the appointment, tell the doctor the following:*
 - *Your symptoms,*
 - *Where you traveled, and*
 - *If you have had close contact with a person infected with H1N1 flu.*
- Avoid leaving your home while sick except to get local medical care, or as instructed by your doctor. Do not go to work or school while you are ill. If you must leave your

home (for example, to seek medical care) wear a surgical mask to help keep your illness from spreading to others.

The following websites provide facts related to the current outbreak.

US Centers for Disease Control and Prevention:

<http://www.cdc.gov/swineflu/>

<http://www.cdc.gov/h1n1flu/college-alert.htm>

Travel Warnings

<http://wwwn.cdc.gov/travel/contentSwineFluMexico.aspx>

Washington State Department of Health:

<http://www.doh.wa.gov/panflu/default.htm>

WSU Websites

WSU Alert:

<http://alert.wsu.edu/>

Health and Wellness Services:

<http://www.hws.wsu.edu/default.asp?PageID=3445>

<http://www.coughsafe.com/media.html>

Environmental Health and Safety:

<http://www.ehs.wsu.edu/Factsheets/pdf/FAQGuideN95FluPandemic09.pdf>

<http://www.ehs.wsu.edu/Factsheets/pdf/FAQHandwashing09.pdf>

Human Resource Services:

<http://www.hrs.wsu.edu/Pandemic%20Emergency%20Information>

Emergency Management

<http://oem.wsu.edu/>