



Department of Residence Life
Division of Student and Enrollment Services
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H1N1 Influenza (Swine Flu) Information Sheet
August 2009

General Information: Swine flu is circulating in the U.S. and also in Alaska. There WILL be cases of swine flu at UAF this year.

- How is H1N1 (swine flu) different from the seasonal flu? So far, H1N1 is affecting young people (less than 25 years old) in larger numbers than the seasonal flu. There have been more cases of H1N1 over the summer months than health officials usually see of the seasonal flu—indicating that we may see higher number of cases this fall.
- How is H1N1 flu spread? Mainly by coughing or sneezing within short distances (up to 6 feet), or by touching a surface with the virus on it and then touching your mouth or nose.
- What are the symptoms of Swine Flu? Fever (defined as 100 degrees Fahrenheit or higher), cough, and sore throat are the most common symptoms. Other symptoms may include: Headache, body aches, chills, fatigue, runny nose, nausea, vomiting, and diarrhea. Almost everyone with swine flu has a fever.
- How bad is this flu?
 - Illness has ranged from mild to severe. While most people who have been sick have recovered without needing medical treatment, hospitalizations and deaths have occurred.
 - People at high risk for serious complications from this flu include people 65 years and older, children younger than 5 years old, pregnant women, and people of any age with certain chronic medical

Important Phone Numbers

Emergency: 911
Center for Health & Counseling: (907) 474-7043 (M-F, 8-5)
Department of Residence Life: (907) 474-7247 (M-F, 8-5)
Office of Student and Enrollment Svcs: (907) 474-7317 (M-F, 8-5)
Fairbanks Urgent Care: (907) 452-2178, 1867 Airport Way
Tanana Valley Clinic First Care: (907) 458-2682, 11th & Noble St.
Fairbanks Memorial Hospital: 1650 Cowles St.
UAF Police Department: (907) 474-7721

- problems such as diabetes, heart disease, asthma, kidney disease, neuromuscular diseases, and those with suppressed immune systems. If you have any of these problems and either have flu symptoms or come into close contact with someone who has the flu, promptly contact your health provider or the Center for Health & Counseling. There are antiviral medications which can prevent hospitalizations and death if taken early enough
- How long can an infected person spread the virus to others? From one day before getting sick to five to seven days after becoming sick. This can be longer in children and people with weakened immune systems.
- How long does the virus live on objects? Studies have shown that the influenza virus can survive on environmental surfaces for 2-8 hours.
- Will there be a vaccine and will it be available?
 - A vaccine is under development and should be available sometime in October.
 - It will likely require two vaccines spaced approximately one month apart.
 - It will initially be targeted at:
 - People from 6 months – 24 years of age
 - Pregnant women
 - Household contacts and caregivers for children younger than 6 months of age
 - Healthcare and emergency medical services personnel
 - People aged 25-64 with underlying health conditions (see above)
 - After the above groups receive their vaccines, all persons will be able to receive the vaccine as supplies allow. No shortage is currently expected.

- The Center for Health & Counseling plans to provide free vaccine to students who fit the above guidelines.
- FOR MORE INFORMATION VISIT www.cdc.gov/h1n1flu/ga.htm or http://www.cdc.gov/h1n1flu/guidance/guidelines_colleges.htm.

Prevention & Preparation:

- How can you protect yourself from getting the flu?
 - Stay away from sick people if you can (ideally at least 6 feet away).
 - Wash your hands, wash your hands, wash your hands! (or use an alcohol-based hand sanitizer).
 - Avoid touching your eyes, nose or mouth if you haven't just washed your hands.
 - Keep your immune system healthy by getting enough rest and eating properly.
- How can you prepare in case you get sick? You may need to stay at home (or in your residence hall room) for up to a week, so having a supply of tissues, over-the-counter medications like acetaminophen (Tylenol), bottled water, snacks, etc. would be helpful in order to avoid the need to make trips out in public while you are contagious.

What if I get the flu?

- Consider going home We mean HOME, not your residence hall room, if it is within commuting distance. Your family can take care of you better than your roommate can. Also, this will reduce the chances of you passing it to others here at UAF. You should stay home until 24 hours after your fever is gone (without the use of fever-reducing medications). For many people this will be about 3-5 days.
- If you can't go home: you need to stay in your room until 24 hours after your fever resolves without the use of fever-reducing medications. You should not go to class, to the dining facility or to social functions. If you have a shared-bathroom situation, wear a mask while you are out of your room. Use available disinfectant to wipe down surfaces you touch. It is essential that you not leave your room/bathroom during this period so you don't infect others.
- Notify your family even if you choose to stay on campus. Residence Life will not notify your emergency contacts unless you are hospitalized.
- Notify Residence Life staff in person or by phone. This will allow us to help you.
- Meals can be delivered to your room. If you are not on a meal plan, you may still elect to have meals delivered and be billed for any meals you receive.
- Residence Life staff will make daily welfare checks either via telephone or in person. If you don't have a land-line phone installed in your room, we will provide one.
- If you MUST leave your room to seek medical services, wear a facemask (ask your RA for one or use one provided from the Health Center) and follow good respiratory hygiene (cough into your sleeve, dispose of tissues and face mask properly, etc.)
- Drink lots of fluids to avoid dehydration. Don't worry if you're not hungry for a few days – fluid and rest are more important than food.
- Consider taking over-the-counter medication to help lessen your symptoms (like acetaminophen (Tylenol) or ibuprofen (Advil or Motrin)).
- Most people won't need to seek medical help for their symptoms unless they have high-risk underlying medical conditions, mentioned above, or they have severe symptoms. Call the Center for Health & Counseling if this applies to you. Usually prescription medications are not prescribed for this type of influenza unless there are other health issues.
- The following warning signs require urgent medical attention:
 - Difficulty breathing or shortness of breath, pain or pressure in the chest or abdomen, sudden dizziness, confusion, severe or persistent vomiting flu-like symptoms improve but then return with fever and worse cough.
 - If your symptoms are severe: Call 911.
 - If your symptoms are not severe: Call the Center for Health & Counseling during office hours. Outside of office hours: Fairbanks Urgent Care, Tanana Valley Clinic First Care, or Fairbanks Memorial Hospital.

- If you do not have the above symptoms but feel that your symptoms are significant and that you should be seen by a medical provider, call the Center for Health & Counseling or a local provider (see above).
- The Office of Student and Enrollment Services can assist in notifying your professors, if needed.
- For more information go to: <http://www.cdc.gov/h1n1flu/sick.htm> or http://www.cdc.gov/h1n1flu/guidance/guidelines_colleges.htm.

What If my roommate gets the flu?

- If you have a medical condition which would put you at high risk for complications from swine flu, such as pregnancy, lung disease (including asthma), diabetes, heart disease (besides high blood pressure), blood disease, liver or kidney disease, neurological or muscular disease, weakened immune system, your age is 65 years or older, or you are 19 years of age and are receiving long-term aspirin therapy, you should contact a health care provider to possibly receive antiviral medication as a preventative measure. You should not continue to stay with your ill roommate if you have a medical condition which would put you at high risk. Contact Residence Life personnel to be moved to another room.
- If you do not have one of the above conditions, but would like to be moved to another room while your roommate recuperates, contact Res Life personnel and they will move you if there is space available.
- If you choose not to move (or there is no space to do so), try to limit your direct contact with your ill roommate. If at all possible, stay at least 6 feet away. If you have to be in direct contact with your roommate (e.g. touching him or her or being closer than 6 feet while he or she coughs) you should wear a facemask while doing so. Wash your hands often (or use hand sanitizer). Res Life will provide disinfectant wipes to wash down surfaces your roommate has touched (door knobs, etc). If possible, assist your ill roommate by getting them supplies they need so they don't have to leave the room.
- Monitor your symptoms carefully, if you begin to feel ill, follow the instructions for ill students.
- For more information go to: http://www.cdc.gov/h1n1flu/guidance_homecare.htm

I am the parent of a UAF student. What can I do? As a concerned parent, you are a part of the university's influenza response plan.

- Your son or daughter should get a seasonal flu shot and the H1N1 (swine) flu shots when they become available this fall.
- Encourage your son or daughter to practice good prevention steps; he/she is much more likely to remain healthy if they frequently clean their hands with an alcohol-based hand disinfectant.
- Students should have a plan if they get sick. If they always stay ahead on projects, assignments, and studying, then illness will put them less behind academically. They should plan to spend as much as a week out of class if they contract influenza. They should identify someone and develop a plan for looking in on each other when one becomes ill. They should have their sick week supplies ready, including nourishing liquids, a thermometer, disposable tissue, medicine to reduce fever, and a hand disinfectant.
- Students who are sick are best managed at home, whenever possible. We anticipate that as many as 80 percent of families will be able to care for their son or daughter at home.
- If your son or daughter becomes sick with the flu and must remain on campus, he/she will need to stay in his/her room until their fever has been gone for at least 24 hours without the need to use a fever-reducing medication. You can assist by staying in touch with your student and calling the Department of Residence Life if you become concerned about his/her well-being or if you are unable to contact your child.

Campus health officials and student life staff meet regularly and stay abreast of current developments and CDC recommendations. We will do our best to reduce the impact of the virus on all our students.