H1N1

What YOU need to know!

What is H1N1?

- H1N1 is similar to seasonal flu and is generally not serious
- Tends to affect children and young adults more than older adults
- Usually lasts up to a week or longer

- If you are pregnant or have a chronic disease such as diabetes, asthma or kidney disease, your risk of becoming more seriously ill is greater than the average person
- The vaccine is currently under development

What should I do if I feel sick?

- Take your temperature
- If you have a fever of 100°F or above and other symptoms such as cough, sore throat, chills, body aches, headache or nausea, take an over the counter (OTC) medicine to help reduce the fever and make you feel better

- Stay home!
- Get plenty of rest
- Drink lots of fluids
- Eat light meals
- Contact your RA so arrangements can be made to assist you

What supplies should I have in case I get sick?

- Thermometer (a reliable, digital one is best)
- OTC medicine such as:
  - ⇒Tylenol (acetaminophen)
  - ⇒Advil (ibuprofen)
  - ⇒Aleve (naproxen)

- Fluids such as water, juice and decaffeinated tea
- Tissues
- Hand sanitizer

How is the disease spread?

- Respiratory droplets that are coughed or sneezed into the air
- Virus that remains on hands after coughing or sneezing that gets spread to others
- Common use items such as phones, doorknobs, desks and keyboards are likely to spread the virus

How can I prevent the spread to others?

- If you are sick, DO NOT go to class, dining halls or any social gatherings
- Cough into your sleeve or elbow
- Use tissues to catch sneezes
- Clean hands after using tissues with hand sanitizer or soap and water

When can I go back to class?

- Once your temperature stays in normal range for 24 hours (96°- 99°F) without using OTC medicine
- Continue practicing good hand hygiene and correctly covering your coughs and sneezes

Questions?

- Check out www.cdc.gov/h1n1flu
- Call Lafene at 785-532-6595
- Follow Lafene, twitter.com/DoctorWillie

For vaccine information and availability :
www.k-state.edu/lafene

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