FAQs about H1N1 FLU

| What is seasonal flu? | The flu (influenza) is an infection of the nose, throat, and lungs that is caused by an influenza virus. The flu can spread from person to person. Most people with flu are sick for about 3-5 days, but then feel better. However, some people, especially young children, pregnant women, older people, and people with chronic health problems can get very sick and some can die. |
| What is H1N1? | Novel H1N1 flu is a new and very different influenza virus that is spreading worldwide among people. |
| What are the symptoms of seasonal flu and H1N1? | Symptoms of seasonal flu and novel H1N1 flu include: fever of 100°F or 38°C, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people also may have vomiting and diarrhea. If you become ill and experience any of the following warning signs, seek medical care immediately. Students should go to Case Health Services; faculty/staff should see their personal health care provider: 　• Difficulty breathing or shortness of breath 　• Irritability 　• Fever and shaking chills 　• Pain or pressure in the chest or abdomen 　• Bluish or gray skin color 　• Sudden dizziness 　• Not drinking enough fluids 　• Flu-like symptoms improve but return with fever and a worse cough |
| How does the flu spread? | People who have the flu usually cough, sneeze, and have a runny nose and spread the virus by propelling virus in droplets or leaving virus on objects they have touched. Other people can get the flu by having infected droplets deposited on their nose or mouth, or touching contaminated surfaces. The virus can live on a surface for up to 8 hours. Healthy adults may be able to spread the flu from 1 day before getting sick to up to 5 days after getting sick. This can be longer in children and in people who have weakened immune systems. |
| Should I go to school or work if my roommate is sick? | Experience has shown that roommates or caregivers who take precautions like avoiding close contact, washing hands frequently, not handling contaminated items, and not sitting on the bed or handling the sick person’s laundry do not get the flu. If you are concerned about being exposed, contact your RA or make arrangements to move elsewhere while your roommate is sick. People who are well but who have an ill person at home with flu-like symptoms can go to school and work as usual. Be sure that the ill person wears a mask to prevent spreading the virus. |
| How should I take care of myself | • Isolate yourself at home (or in your room or apartment) 　• Remain at home until your temperature is below 100°F for at least 24 hours 　• Get plenty of rest 　• Take any medication that has been prescribed for you 　• Drink clear fluids (water, soup broth, Gatorade-type drinks (for electrolytes), ginger ale so you can... |
### if I have the flu?
- stay hydrated
- Cover coughs and sneezes with a clean tissue and dispose of it in the trash. Clean your hands with soap and water or with an alcohol-based hand gel and rub until dry after every cough or sneeze
- Avoid contact with others; do not go to school or work while you are sick
- Have a friend pick up “sick meals” from the dining hall if you are on a meal plan
- Contact Student Health if you have trouble breathing, chest pains, blue lips, or persistent vomiting

### What medications help?
Ibuprofen 400-600mg every 4-6 hours helps lower the fever, lessen the sore throat and muscle aches, and helps with headache. Don’t take if it upsets your stomach. Acetaminophen (325mg) 2 tablets every 4-6 hours will lower your fever and won’t upset your stomach. It’s an alternative to ibuprofen. Do not take aspirin if you are under 18 years of age; this includes products like Pepto Bismol.

### I have flu-like symptoms. Should I see a doctor?
**NO** - Most cases of flu-like illnesses seen on campuses are mild. Generally, healthy students with flu-like symptoms do not need to be seen by a medical provider. Instead, call Health Services at 216-368-2450 only if you have a preexisting medical condition that would put you at risk if you became sick, have a fever that goes above 102°F and cannot be brought down through use of over-the-counter medication (see medications above), or your symptoms get worse.

**YES** - People with chronic medical problems who experience flu-like symptoms should be seen by a medical provider. Call Case Health Services, 216-368-2450 or your health care provider if you have any medical condition like a suppressed immune system, pregnancy, pulmonary problems, or something that makes you more vulnerable to infection. If flu-like symptoms improve but then return with fever and a worse cough, call Health Services or your medical provider immediately.

### Is there medicine to treat the flu?
For most healthy adults, medication is not generally prescribed, but antiviral drugs are available to treat both seasonal flu and H1N1. They can help you feel and get better sooner, but have to be prescribed and work best if started during the first 2 days of illness. The priority use for these drugs is to treat people who require hospitalization or have a medical condition that puts them at risk.

### I think I had the flu and I feel better. Can I go back to work or school?
People should stay at home and avoid contact with others for at least 24 hours after their fever is gone (without using any fever-reducing medication). Staying at home means that you should not go out except to seek medical care. This means avoiding normal activities, including work, school, travel, shopping, social events, and public gatherings.

*This is an extremely important public health measure that will help limit the spread of the flu virus.*

### Should I get vaccinated for seasonal flu and H1N1?
The CDC recommends a yearly seasonal flu vaccine as the first and most important step against seasonal flu. This vaccine protects against the three seasonal varieties that seem to be most common. A seasonal vaccine will not protect you against H1N1. An H1N1 vaccine is being produced and will be available in the coming months as an option for prevention of H1N1.

### Where can I get more information?
CIA will post information and updates on the H1N1 flu on the site [www.cia.edu/flu](http://www.cia.edu/flu). Additional information can be obtained from Case Health Services at [www.case.edu/news/flu](http://www.case.edu/news/flu), from the Centers for Disease Control and Prevention (CDC) at [www.flu.gov](http://www.flu.gov), [www.cdc.gov/flu](http://www.cdc.gov/flu), and globally at [www.who.int](http://www.who.int).