

**University Health Advisory**  
(June 22, 2009)

*Faculty, Staff and Students,*

We continue to monitor through the World Health Organization (WHO), Centers for Disease Control (CDC) and South Carolina Department of Health and Environmental Control (DHEC) Swine Flu related events. Below is supplemental information and helpful links:

WHO reports 44,287 confirmed cases worldwide; no risk of infection from well-cooked pork or pork products; the pandemic alert level has been raised to Phase 6, characterized by the geographical widespread of human infection.

CDC reports 21,449 confirmed cases in United States; students, faculty or staff who live on or off campus and have influenza like illnesses (ILI) should self-isolate (i.e., stay away from others) in their dorm room or home for 7 days after the onset of illness or at least 24 hours after symptoms have resolved, whichever is longer; persons with ILI should contact their health care provider or university health services to report illness by telephone or other remote means before seeking care; persons with ILI who must leave their home or dorm room (for example, to seek medical care or other necessities) should cover their nose and mouth when coughing/sneezing or wear a loose-fitting facemask.

✦ Camp guidelines may be found at <http://cdc.gov/h1n1flu/camp.htm>.

✦ N95 respirators and facemasks generally are not recommended for workers, in non-healthcare settings for general work activities; workers in contact with persons who have ILI (i.e. escorting, interviewing, providing assistance) should try to maintain a distance of 6 feet or more from the person with ILI, keep their interactions with ill persons as brief as possible and ask ill person to follow good cough etiquette and/or wear a facemask, if able; workers who are at increased risk of severe illness from influenza infection (i.e. compromised immune systems, pregnant women, 65 years or older, etc.) should avoid persons with ILI; if contact is unavoidable workers may choose to wear a facemask or N95 respirator, on a voluntary basis; respirators are recommended in healthcare settings.

DHEC reports 83 confirmed cases in South Carolina (SC); more than 400,000 courses of antiviral treatment available in SC; suspects the worst is over in SC, although virus may resurface in the fall.

SHS reports 0 suspected cases in health services, per ILI Swine Flu Surveillance Screening Tool; facemasks available for students with ILI.

### ***Good Health Habits for Prevention:***

- Cover your nose and mouth with a tissue when you cough or sneeze.
- Frequent hand washing with soap and water (wash hands for at least 15 seconds); **watch podcast.**
- Use alcohol-based hand sanitizers to clean hands, if soap and water not available.
- Avoid touching your eyes, nose or mouth.
- Try to avoid close contact with sick people.
- If sick, stay home from work or school and limit contact with others.
- Eat healthy and get plenty of rest.

### ***Helpful Links:***

<http://www.cdc.gov/swineflu/> (CDC)

<http://www.scdhec.gov/flu/swine-flu.htm> (DHEC)

***If you are experiencing flu like symptoms, please contact your primary health care provider. Students are advised to contact Student Health Services.***