

## **H1N1 Flu**

Of immediate concern to the Emergency Preparedness Team is the potential spread of the H1N1 Flu. The Team has continued to monitor the situation throughout the summer and has worked closely with the City of Philadelphia Division of Disease Control in developing plans to deal with an outbreak.

The U.S. Centers for Disease Control and Prevention (CDC) is the main source of information concerning the H1N1 Flu outbreak at <http://www.cdc.gov>.

The CDC encourages everyone to practice healthy habits:

- Cover your nose and mouth when you cough or sneeze
- Wash your hands often with soap and water
- Use Alcohol-based hand cleaners
- Avoid touching your eyes, nose or mouth to prevent the spread of germs
- Try to avoid close contact with sick people
- Those with flu-like illness should stay away from classes/work and limit interactions with other people (called "self-isolation"), except to seek medical care, for at least 24 hours after they no longer have a fever, or signs of a fever, without the use of fever-reducing medicines. Some people with influenza will not have fever; therefore, absence of fever does not mean absence of infection. They should stay away from others during this time period even if they are taking antiviral drugs for treatment of the flu

Individuals experiencing flu like symptoms are encouraged to contact their doctor or students can visit the Student Health Office.

For more information and updates on swine flu, visit the CDC's Web site at <http://www.cdc.gov> or <http://www.flu.gov>.

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