



THE UNIVERSITY of
NEW MEXICO

Student Health & Counseling (SHAC)

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H1N1 Influenza Information (Effective September 3, 2009)

Novel influenza A (H1N1) is a new flu virus of swine origin that was first detected in April 2009. So far, while infection rates among college-age persons have been higher than other age groups, the illness in this age group has not been severe. Pandemic influenza is unpredictable. Planning groups at Main Campus and Health Sciences Campus have been following developments and preparing for more influenza activity in the fall, including engaging with New Mexico Department of Health in immunization planning. Preventing the spread of infection to minimize absenteeism and disruption of education is a key part of the plan.

Because of the current H1N1 influenza pandemic, we would like to share some information with you about H1N1 infection prevention efforts at UNM.

First, let's review Student Housing Cleaning Procedures at UNM:

Common Bathrooms and Common Areas/Lounges (not applicable to Private Apartment Bathrooms) are cleaned on a daily basis. All surfaces are cleaned with EPA-approved disinfectant. Floors are either swept with a filtered vacuum or mopped with EPA-approved disinfectant. A checklist is completed for each area.

Healthy Habits are encouraged to stop the spread of H1N1 influenza:

- Wash your hands often with soap and water. Hand washing procedure should include soaping the hands for about 15 seconds (the length of time it takes to sing "Happy Birthday" once).
- Use waterless, alcohol-based hand gels (containing at least 60% alcohol) when soap is not available and before entering the dining halls to eat.
- Cover your mouth and nose when you cough to sneeze, using a tissue or your upper sleeve, not your hands.
- Avoid touching your eyes, nose, or mouth.
- Try to avoid close contact (within 6 feet) of sick people.

What are the signs and symptoms of H1N1 infection?

- Fever (>100 degrees F)
- Cough, sore throat, runny or stuffy nose, body aches, headache, chills, and fatigue
- Can include diarrhea and vomiting

If you feel sick:

If you're ill with signs and symptoms of H1N1, try to limit contact with others as much as possible. Notify your Resident Advisor Staff and please do not attend group gatherings, including class, while you're ill. **If you have questions about your illness, call Student Health & Counseling at 277-3136.**

If you feel sick (continued):

You should remain in your dorm room until at least 24 hours after you are free of fever, without the use of fever-reducing medications. If you need food delivered to your room during this time period, please call the SRC desk and ask about the Flu Meal Program. The SRC desk personnel can also give you a kit prepared by Student Health and Counseling. The kit contains two facemasks, hand sanitizer gel, a temperature sensor, and acetaminophen. Please take acetaminophen as directed. Do not take more than 4000 mg (eight 500 mg tabs) of acetaminophen per 24 hours. Taking more than the recommended dose may cause liver damage.

If you have an influenza-like illness, and you must leave your home or dorm room (for example, to seek medical care or other necessities), please cover your nose and mouth when coughing or sneezing. A surgical loose-fitting mask can be helpful if you have access to these, but a tissue or other covering is appropriate as well.

You should seek medical care with influenza symptoms or if you have been exposed to influenza, if you:

- Are 65 years of age or older
- Have any of the following conditions:
 - Chronic lung conditions, including asthma
 - Pregnancy
 - Diabetes, heart disease, kidney disease
 - Immunosuppression
 - Younger than age 19 and receiving long-term aspirin therapy

It is also advisable to seek medical attention if you experience any of the following symptoms:

- 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

Updates and Resources:

- Centers for Disease Control (CDC) website: <http://www.cdc.gov/h1n1flu/sick.htm>.
- **Taking Care of a Sick Person:** Roommates, household members, or those caring for an ill person should follow guidance developed for caring for sick persons at home. Call Student Health & Counseling for information. Also, see CDC's *Interim Guidance for H1N1 Flu (Swine Flu): Taking Care of a Sick Person in Your Home*: http://www.cdc.gov/h1n1flu/guidance_homecare.htm.
- Updates about H1N1 and the UNM community, see: <http://hospitals.unm.edu/h1n1/>. For information about flu shots on Main Campus this fall, visit the SHAC web site at <http://shac.unm.edu/>.