

ProfEd Faculty-Staff Guidelines for H1N1 Flu

H1N1 (Swine) flu has symptoms nearly identical to regular flu — fever, cough and sore throat — and spreads like regular flu — through tiny particles in the air — when people cough or sneeze. People with **flu symptoms** are advised to **stay at home, wash their hands** and **cover their sneezes**.

If infected, a person may be able to infect another person one day before symptoms develop; therefore, a person is able to pass the flu on *before* they know they are sick. Infected individuals may spread the virus for seven or more days after becoming sick. Those with swine flu should be considered potentially contagious as long as they are showing symptoms, and up to seven days or longer from the onset of their illness. Children might be contagious for longer periods of time.

The best current advice is for individuals to **practice good hand hygiene**. Periodic hand **washing with soap and water**, or the use of an **alcohol-based hand sanitizer** when hand washing is not possible, is a good preventive measure. Also, **avoid touching your eyes, nose or mouth**, as germs can more easily gain entrance into your body through those areas. **Covering your mouth with a disposable tissue when you cough and sneeze** is also a good practice.

Remember that the symptoms for swine flu are almost identical to those you might experience with the regular flu. **Only your doctor can give you the correct diagnosis.**

If you feel sick, but are not sure what illness you may have, stay home until you have been diagnosed properly to avoid spreading any infection.

Individual/Household Measures:

- Advise people with acute respiratory illness to stay at home and to minimize their contact with household members and others.
- Advise household contacts to minimize their level of interaction outside of the home and to isolate themselves at the first sign of any symptoms of influenza.

Swine flu symptoms

Symptoms of the swine flu are very similar to those of seasonal influenza. If you feel ill, stay home from work and school because an infected person can shed the virus 24 hours before symptoms start, and up to seven days later. If you exhibit symptoms and believe you may have swine flu, call your physician before making a trip to see him or her, then follow advice on how to proceed.

