



## Novel H1N1 Influenza (“Swine Flu”) and Mary Baldwin College

### August 2009

Novel H1N1 influenza — also called “Swine Flu” — is a new strain of virus that has spread around the globe. It was first detected in North America in April 2009. Fortunately, the majority of cases in the U.S. have been relatively mild, and no cases have been reported at Mary Baldwin College. MBC is monitoring the situation closely and taking all appropriate precautions. For several years we have been preparing for such an outbreak, and we update our plan regularly

([www.mbc.edu/docs/admin\\_docs/pandemic\\_influenza\\_plan\\_042809.pdf](http://www.mbc.edu/docs/admin_docs/pandemic_influenza_plan_042809.pdf)).

***Both swine flu and the seasonal flu can be serious. Preventing their spread in our community is everyone’s responsibility!***

### **What everyone should do to lower risk of infection**

- Carry a small bottle of alcohol-based hand sanitizer with you, and refill as necessary from an economically-priced larger bottle.
- Keep a supply of sanitizing wipes on hand and clean frequently-touched surfaces like door knobs and light switches.
- Wash your hands frequently with soap and water for 30 seconds — as long as it takes to sing “Happy Birthday” to yourself. (When that’s not available, use hand sanitizer gel)
- Avoid touching your face, eyes, and mouth.
- If you cough or sneeze, do so into a tissue and then throw it away. If you don’t have a tissue, use the elbow of your sleeve and not your hand.
- Sanitize frequently-touched surfaces like door handles and light switches.
- In areas where there have been confirmed cases, avoid close contact (including hugs and handshakes) with others, as people can be contagious before they feel sick.
- Symptoms to watch for include fever over 100° F *plus* any of the following: cough, sore throat, body aches, headache, chills, fatigue, and, in some cases, diarrhea and vomiting.
- If you feel sick, stay home or in your residence hall room to avoid exposing others. If you must be around other people (hard to avoid in a residence hall!), be considerate of others by following the steps above. Limit exposure to other people for 24 hours after your fever goes away.

Swine flu is not the same as seasonal flu, but the two illnesses can have similar symptoms and both can be serious. Public health officials recommend getting the seasonal flu shot as early as it is available (probably early September). It is not yet known exactly when a swine flu vaccine will become available or who will have top priority. Mary Baldwin will keep the college community informed of developments including vaccine availability.

***See the other side for what to do if you get sick.***

## **If you get sick ...**

**If you have a fever of over 100° F PLUS  
cough and/or sore throat, runny nose, diarrhea, or vomiting:**

**Stay home** or in your residence hall room and avoid contact with other people as much as possible to keep from spreading your illness to others. You can still be contagious after you start to feel better, so stay home for 24 hours after your fever goes away.

If you begin to experience severe symptoms, seek medical care from your doctor or other health care professional without delay. RCW students should contact the MBC Health Center. Several anti-viral medications are effective against this strain of the flu, especially when taken early. However, please contact your health care professional by telephone beforehand to ask for advice on how to minimize possible exposure to others in the health care setting.

RCW students can obtain medical attention through the MBC Health Center. Please call x7095 in advance so they can be ready for you and minimize risk of exposure to others.

Monday, Tuesday, Thursday, and Friday:	8am-5pm
Wednesday:	9am-6pm

Another option — offering Saturday hours but closed on Sundays — is Patient Care Plus, located close to campus at 42 Lambert Street. Call 540/885-6789 to confirm business hours.

### **After hours**

In most cases of flu, you can wait until the Health Center or your doctor's office is open.

However, if you experience any of the warning signs below, call 911. Students on campus may contact the Office of Security at 887-7000. The Security Office will contact a professional "on call" staff member who will assist you in determining how to obtain medical attention through the emergency room at Augusta Health in Fishersville.

### **Emergency warning signs:**

**no matter what time it is, seek immediate medical attention if you experience**

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
  - Sudden dizziness
  - Confusion
- Severe or persistent vomiting

*Questions? Contact the Health Center or go online for updates and detailed information. The Centers for Disease Control offers the best, most comprehensive Web site with information about the novel H1N1 (swine) flu in the U.S. [www.cdc.gov/h1n1flu/](http://www.cdc.gov/h1n1flu/)*