

H1N1 Flu Guidance

Weekly Update – 11/12/2009

- **Texas Department of State Health Services’ (DSHS)** latest preliminary flu report, for the week ending Nov. 6, classifies flu activity in Texas as “regional.”
- The “regional” classification is used when there are increases in flu-like illnesses and recent lab-confirmed flu cases in at least two but in fewer than half of the state's regions.
- The State Operations Center of the **Texas Division of Emergency Management (TDEM)** has cancelled the statewide weekly H1N1 influenza conference calls until further notice. TDEM will continue to monitor the H1N1 influenza situation.
- **Texas DSHS H1N1Virus Q&A – [Frequently Asked Questions for the General Public](#)**
- Texas DSHS News Release – November 6, 2009 – [Texas H1N1 Vaccine Update](#)
- The **CDC** reports that young people continue to be hit especially hard by the H1N1 virus. More than half of the hospitalizations from H1N1 flu reported were people age 24 and younger
- Severe complications continue to be seen predominately in individuals with underlying health conditions.
- If you have the flu or flu like symptoms, stay home! Wait to return to work or school until your fever has been gone for 24 hours without taking fever-reducing medications to ensure you are not contagious.



PANDEMIC H1N1 FLU PHASES

PHASE 5	PHASE 4	PHASE 3	PHASE 2	PHASE 1
SEVERE	HIGH	ELEVATED	GUARDED	LOW

FLU PHASE: Blue – Guarded
OPERATIONAL STATUS: Normal

What You Can Do to Stay Healthy

- **Get vaccinated.** Vaccination is the best protection we have against flu. Seasonal flu vaccine is available now and initial doses of 2009 H1N1 flu vaccine also are available, with additional doses available later this year.
- Influenza is thought to **spread mainly person-to-person** through coughing or sneezing of infected people.
- **Take everyday actions to stay healthy.**
 - Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
 - Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
 - Avoid touching your eyes, nose and mouth. Germs spread that way.
 - Stay home if you get sick. CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.
- **Follow public health advice** regarding school closures, avoiding crowds and other social distancing measures.
- Find healthy ways to **deal with stress and anxiety.**
- **Stay informed.** This website will be updated regularly as information becomes available.

What is H1N1 Flu?

H1N1 is not an airborne virus but spreads locally, person to person, by droplet and touch (uncovered sneezing, coughing or touching of contaminated hands to the eyes or nose). It has been found that the virus can travel at least 10 feet from person to person. The virus appears to be stable and has not mutated since the first cases were reported in April, 2009. Because this is a new virus, people have not been exposed to H1N1 before and have little or no immunity. Fortunately, most people who have been infected have recovered without complications or the need for medical treatment. However, as with any flu, hospitalizations and occasional deaths from flu complications have occurred. The CDC reports that all of the cases of H1N1 in the United States seem to have been transmitted by human to human contact.



If you are sick, limit your contact with other people as much as possible.

Know the Symptoms of the Flu

The symptoms of the H1N1 flu are similar to the symptoms of the seasonal influenza however H1N1 is reported to be contagious for a longer period of time.

- Fever (a temperature of 100° Fahrenheit or greater)
- Lethargy
- Coughing
- Lack of appetite
- Some people with H1N1 flu have also reported runny nose, sore throat, nausea, vomiting and diarrhea
- H1N1 spreads by droplets. Cover your nose and mouth with a tissue when coughing or sneezing and throw the tissue away (use your shirt sleeve or elbow if no tissue is available).

- Clean your hands frequently – this virus also spreads by touching your eyes, nose or mouth after touching a contaminated surface. Wash with soap and water or use alcohol based hand wipes or waterless cleaners.
- If you have a fever of 100° F or higher, do not come to classes or do not come to work. Stay home and wait to be around people until your fever has been gone for 24 hours without taking fever-reducing medications.
- Consider vaccination when it becomes available.

FLU RELATED RESOURCES

- University Policies & Procedures
 - [H1N1 Flu Plan](#)
 - [Pandemic Sanitation Precautions](#)
 - [H1N1 Flu Employee Leave Plan](#)
 - [Employee Assistance Program \(EAP\)](#)
- [Student Health Services](#)
 - [Swine Flu Patient Handout \(pdf\)](#)
- [Centers for Disease Control \(CDC\) and Prevention](#)
- [PandemicFlu.gov](#)
- [Texas Department of State Health Services](#)
- [TexasFlu.org](#)
- Get email updates from [Texas Health Service](#)
- [World Health Organization \(WHO\) Influenza Page](#)
- Vaccination Information
 - [Texas H1N1 Vaccine Update](#)

Update your emergency contact information:

FOR STUDENTS:

Go to www.uhv.edu/student_solutions/

FOR STAFF AND FACULTY:

Log in to the People Advantage Self-Service (P.A.S.S.) system: <https://my.uh.edu/>



Finding Help In Texas

- Texans can now dial 2-1-1 to receive over-the-phone medical guidance about what they should do if they or a family member have flu symptoms.