

# H1N1 Flu Guidance

## Monthly Update – January 2010

- [News Update](#) – Texas Department of State Health Services' latest preliminary flu report, for the week ending January 2, classifies flu activity in Texas as "local." The "local" classification is used when there are outbreaks of influenza or increases in flu-like illnesses and recent lab-confirmed flu cases in one region of the state. The university has lowered its H1N1 Flu Phase to GUARDED.
- [ImmunizeTexas.com](http://ImmunizeTexas.com) – information on vaccines, immunizations, flu shots, etc.
- Center for Disease Control and Prevention – [Key Facts About Seasonal Flu Vaccine](#)



- [Flu.gov](http://Flu.gov) is a one-stop resource with the latest updates on the H1N1 flu. On this site, you can find information on [How to Prevent and Treat the Flu](#), [Flu Essentials](#) and [Why the H1N1 Vaccine is Safe and Recommended by Health Experts](#).



**TexasFlu.org**

[TexasFlu.org](http://TexasFlu.org) is the DSHS site for flu information in Texas.

Learn how to protect yourself. Use the Flu Vaccine Locator feature. Check the site periodically for updates.

## PANDEMIC H1N1 FLU PHASES

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

FLU PHASE: **GUARDED**

OPERATIONAL STATUS: Normal



### VACCINE NOTICE

Due to an increasing supply of the H1N1 vaccine, DSHS announced December 11, 2009 that it is opening up the supply to the general public. DSHS had been strategically targeting limited supplies of the vaccine to priority groups since early October. People who want to be vaccinated should check with their usual health care provider or use the [Flu Vaccine Locator](#) to find out about availability in their area.

### 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.

## 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.

## 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/](http://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.