

# Prepare for the Flu Season

## Grove City College

### SEASONAL FLU VS. NOVEL H1N1 INFLUENZA

H1N1 is a new strain of flu virus and thus far, it is causing illness in every state in the US and worldwide. GCC is closely following the situation and will be following the guidance of the CDC. You should check the GCC website regularly for updates and changes as the flu season evolves.

### SYMPTOMS

Although H1N1 is a new influenza virus strain, the symptoms are very similar to seasonal flu and include:

- Fever, cough and/or sore throat
- Runny nose
- Body aches
- Headaches
- Chills
- Occasionally vomiting and diarrhea



Most people who get H1N1 completely recover with minimal, if any, medical intervention. If you do feel ill, call the Zerbe Health and Wellness Center at x3850 during the regular business hours listed below to review your symptoms. The nurse may ask you to self-isolate or to make an appointment at the Health Center. If you call after hours, the message will be addressed in the morning. On Sundays when the Health Center is not open, a nurse will be checking the answering machine twice a day.

Hours: Monday—Friday 8:00 am to 6:00 pm  
Saturday— 8:00 am to 4:00 pm  
Physician Hours—Monday, Tuesday and Thursday starting at 3:30 pm; Wednesday and Friday after 4:00 pm

### SELF CARE

- Rest, drink plenty of fluids.
- Use pain and fever reducers such as ibuprofen and acetaminophen for body aches and fevers.
- If you do have the flu, you are strongly encouraged to return home until at least 24 hours after fever has subsided without the use of fever-reducing medications. If you can not return home, follow the same protocol but stay in your room and do not attend classes or work. Resident students who return home are asked to let Student Life and Learning know they have left campus.
- Wear a mask if you leave your residence hall room to use a shared bathroom or to seek medical care. These can be obtained from your RD.
- GCC class absence policy due to illness will apply.

### VACCINES

- A regular seasonal flu vaccine clinic (not H1N1) will be held this fall at Zerbe Health and Wellness Center.
- Check the Zerbe Health and Wellness page for information about a vaccine against H1N1.

### PREVENTION

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. If tissues are not available, cough or sneeze into the crook of your arm or shoulder.
- Wash your hands often with soap and water, especially after you cough or sneeze. Use alcohol-based hand cleaners when soap and water are not available. Avoid touching your eyes, nose or mouth. Germs spread this way.
- Do not share utensils, drinks, cigarettes or personal care items.
- Try to avoid close contact with sick people.

### CONTACT WITH INFECTED PERSONS

Students who have been in contact with someone diagnosed with H1N1 but don't exhibit symptoms DO NOT need to be seen by a healthcare provider. Testing will not be helpful in these situations.

The EXCEPTION is anyone who is pregnant or has a chronic medical condition, such as

- Asthma
- Diabetes
- Cystic fibrosis
- Immunosuppression (resulting from medications or certain illnesses)
- Cardiovascular disease
- Other chronic medical conditions.

These conditions increase the risk for developing complications from the flu. If you are concerned because you fall into one of these categories, please contact the Health Center by phone or email to discuss the situation.

Students with these chronic conditions who have been exposed to someone with H1N1 or with flu-like symptoms and develop symptoms themselves should contact their health care provider for consultation and advice, as they may need to be seen. Pre-

### Prepare a Cold and Flu Kit

Bring a self care kit to campus that includes:

- a thermometer
- acetaminophen (Tylenol) or ibuprofen (Advil)
- cough syrup
- bottled water, sports drinks and soups
- alcohol-based hand sanitizer
- boxes of tissues
- surgical mask

scription antiviral medications may be effective in reducing flu complications in these individuals.

### ADDITIONAL RESOURCES

CDC: [Key Facts About Swine Influenza](#) (Swine Flu)

CDC: [Swine Flu FAQ](#)

CDC: [Swine Flu Investigation](#)