

## **H1N1 FLU UPDATE:**

Camden County College is working with the Camden County Department of Health and Human Services to monitor and respond to local and regional developments with the H1N1 influenza virus, the most recent strain of flu circulating worldwide. The CCDHHS also is working with the state Department of Health and Senior Services. Camden County College's H1N1 threat-management plan involves keeping students and staff informed with up-to-date information to help them avoid becoming ill.

According to the Centers for Disease Control or CDC, there are many things to keep in mind in relation to the H1N1 flu:

- To help distinguish between a cold and the flu, take your temperature. High fevers usually don't accompany a common cold.
- Influenza is an infection of the nose, throat and lungs caused by a virus. Most people with the flu are sick for about a week, but then feel better.
- H1N1 flu is a new and different influenza that is spreading worldwide among people. It was first called "swine flu" because it has pieces of the flu virus found in pigs in the past. There have been no cases of this virus being found in pigs in this country.
- Symptoms of seasonal flu and H1N1 flu are similar and include fevers greater than 100 degrees Fahrenheit, coughs that produce phlegm, severe sore throats, runny and/or stuffy noses, body aches, headaches, chills and fatigue.
- People with the flu usually cough, sneeze and have a runny nose. Resulting fluids contain the virus. The virus is transmitted to others when they breathe in droplets of these fluids or touch contaminated surfaces and then touch their own eyes, noses or mouths.

To prevent the spread of the virus, the CDC says that the easiest and most important thing to do is to **WASH YOUR HANDS OFTEN**. Other preventative measures include:

- Getting a flu shot. H1N1 flu vaccine is not yet available, but the seasonal flu shot should help and probably will lessen the severity of symptoms if you contract H1N1. Camden County College plans to schedule flu shots on campus.
- Staying home and avoiding contact with others if you get seasonal or H1N1 flu. Don't go out until you are fever-free for at least 24 hours.
- Using hand-sanitizers. Those containing alcohol are effective.
- Eating properly and getting enough rest.
- Using a digital thermometer to help distinguish between the common cold and seasonal or H1N1 flu. Also helpful are acetaminophen, decongestant, tissues, hand sanitizers and throat lozenges.

Additional information is at <http://www.cdc.gov/h1n1flu/qa.htm> and <http://www.flu.gov>. CDC Twitter updates are available at <http://twitter.com/cdcemergency>

**Remember: Rumors can be dangerous!**

If you have questions or have heard a rumor about H1N1 flu on campus, call the CCC Public Safety Department at **(856) 374-5089** during work hours or leave a message on the College's Public Information Hotline at **(856) 374-4097** any time of the day or night.