

H1N1 (swine) Flu

What is H1N1 (swine) Flu?

Swine influenza (swine flu) is a respiratory disease of pigs caused by type A influenza viruses that causes regular outbreaks in pigs. People do not normally get swine flu, but human infections can and do happen. Swine Flu viruses have been reported to spread from person to person, but in the past, this transmission was limited, this is not the case this year. As we have seen in reports from the CDC the H1N1 virus has been spreading from person to person and is expected to increase this fall. It has been declared pandemic at this time.

How does H1N1 (swine) Flu spread?

Spread of the H1N1 (swine flu) Influenza A virus is thought to spread in the same way as the seasonal flu virus. Flu viruses are spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes a person may become infected by touching something with flu viruses on it and then touching their mouth or nose.

What can you do to help protect yourself?

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. If you don't have a tissue, cough into your elbow.
- Wash your often with soap and water, especially after you cough or sneeze. Alcohol based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Use disinfectants on frequently touched surfaces. Germs can also be spread when a person touches an infected surface and then touches their own eyes, mouth or nose.
- If you are sick, stay home or in your room. Contact your professors by e-mail, contact your RA and let them know you are sick. Notify your roommates to take extra precautions. Make efforts to disinfect your bathroom area and surfaces that are touched often.
- Health services are available at Passavant Hospital call 412-367-6420 or contact the La Roche College Counseling and Health Center at 412-536-1051
- For additional information visit the La Roche Counseling and Health Services website on the public home page or intranet.

Additional Information:

CDC Swine Flu: www.cdc.gov/swineflu

WHO Swine Flu FAQs: www.who.int/csr/disease/swineflu/faq/en/index.html

La Roche will be giving Flu shots for the seasonal flu on September 22nd in the Bold Union Room, they are free to students. When the vaccination for H1N1 comes out in October we will be offering these shots as well. Look for information to follow in your La Roche e-mail.

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