

**For more information:**

**University of Hawai'i at Hilo Resources**

Student Health Service..... 974-7636  
Student Housing Office..... 974-7522  
Environmental Health &  
Safety Office ..... 933-3300  
Dean of Students..... 974-7335  
Vice Chancellor for Student Affairs..... 974-7334  
Campus Security ..... 974-7911

**Medical Clinics in Hilo**

Urgent Care Kauka Express..... 934-7775  
Urgent Care (Mohouli St.)..... 969-3051  
Hilo Bay Clinic ..... 969-1427  
Hilo Medical Center ..... 974-4700  
*(24 hour Emergency Room)*

**Department of Health**

Epidemiologist ..... 933-0912

**Websites**

[www.flu.gov](http://www.flu.gov)  
[www.cdc.gov/h1n1flu/general\\_info.htm](http://www.cdc.gov/h1n1flu/general_info.htm)  
[www.hawaii.gov/health/aboutH1N1.html](http://www.hawaii.gov/health/aboutH1N1.html)  
[www.uhh.hawaii.edu](http://www.uhh.hawaii.edu) *(for links to other websites)*

**H1N1  
NOVEL INFLUENZA A**

**“SWINE FLU”**



UNIVERSITY  
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# H1N1 FLU

## “SWINE FLU”

Novel influenza A (H1N1) generally causes a mild to moderate influenza illness that does not seem to make individuals more ill than the usual seasonal flu. The vast majority of people fully recover after they acquire this illness, unless they have other underlying medical problems.

So far, with novel H1N1 flu, the largest number of confirmed and probable cases have occurred in people between the ages of 5 and 24. Pregnancy and other previously recognized high-risk medical conditions from seasonal influenza appear to be associated with increased risk of complications from this novel H1N1 flu.

Anti-viral influenza medications such as Tamiflu and Relenza can be effective in decreasing symptoms by 24-48 hours, but should be given within 24 hours from the onset of symptoms to have any benefit; these medications do not cure the disease. There are currently no vaccines available for novel influenza A (H1N1).

H1N1 is spread mainly through respiratory droplets that are released when an infected person sneezes or coughs. People in close (within 3 feet) proximity can become infected if these droplets contact their mouth, nose or eyes, or if they touch a person or surface with virus on it (like a door knob or telephone receiver) and then touch their mouth, nose or eyes. The same measures that reduce transmission of seasonal flu will also reduce transmission of H1N1 flu.

People with H1N1 flu infection may be contagious from one day before they develop symptoms to 7 days following illness onset.

### **Steps to protect yourself and others:**

- Wash hands often with soap and water especially after coughs and sneezes.
- Alcohol-based hand sanitizers can be used
- Cover coughs and sneezes into the angle of your elbow or into a tissue (throw tissue in trash)
- Avoid close contact with sick people
- Avoid touching eyes, nose and mouth
- If you get the flu, stay home from work or school

### **Call your healthcare provider if you have these symptoms.**

#### **Flu symptoms:**

- Fever of 100.4 degrees or more
- Cough
- Body aches
- Runny nose
- Sore throat
- Nausea
- Vomiting
- Diarrhea

### **Limit contact with others to prevent the spread of H1N1 flu virus.**

#### **What to do if you get the flu:**

- Rest at home until 24 hours after fever is gone
- Limit contact with others
- Drink plenty of fluids
- Cover coughs and sneezes
- Wash hands often with soap and water especially after coughs and sneezes
- Alcohol-based sanitizers can be used
- Take acetaminophen (Tylenol) for fever & bodyaches.
- Wear a face mask if there are others living in your house.

### **If you get the flu, stay home from school and work.**

#### **What to do if you are sick and unable to leave your room:**

1. If you live in a dorm, notify the CC that you are ill and will need help with meals.
2. You along with any roommates or visitors must wear a mask (available at Student Health Center)
3. You should remain at home until your fever is gone for 24 hours. and notify your instructors according to class guidelines.

### **FLU VACCINES**

The 2009-10 seasonal Flu vaccine will not protect against the 2009 H1N1 influenza virus. There is no vaccine for prevention of the H1N1 flu. The FDA is currently working with pharmaceutical companies to develop a vaccine, but there is no definite date as to when the vaccine will be available.

Young adults up through age 24 years old are considered to be a “high-risk” category and may be offered the H1N1 vaccine before the general public when it becomes available.

Students will be notified when routine flu shots and the H1N1 flu shots are available at the Student Health Service.

#### **Emergency warning signs:**

#### **If you become ill and experience any of these seek emergency medical care.**

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Confusion
- Severe or persistent vomiting
- Dehydration signs such as dizziness or no urination.