

Public Health Alert- H1N1 Influenza Information

Updated 5:00pm 6/03/09

We continue to care for students presenting with flu-like symptoms at UHCS in accordance with public health recommendations. One Northeastern student was tested for H1N1 virus at a local hospital last week. The student was treated, recuperated off-campus, and was feeling much better within a day. The state lab confirmed today that the test was positive for H1N1 virus. The risk of transmission is very low because appropriate precautions were followed. It is important that everyone continue to take steps to protect themselves.

- Cover your nose and mouth with a tissue or your inner elbow when you cough or sneeze.
- Wash your hands frequently with soap and water especially after sneezing and coughing. You can also use alcohol-based hand cleaner.
- Do not go to work or school if sick. It is recommended that you stay at home for 7 days after you first get sick or for 24 hours after your symptoms have gone away, whichever is longer. Try to limit contact with others to keep from getting them sick.