

TO: Kean University campus community

FROM: Health Services

RE: H1N1

DATE: August 18, 2009

Kean University officials want to inform our community that New Jersey State health officials announced as of August 18, 2009, that New Jersey has joined the U.S. Centers for Disease Control in ceasing reports of individual case counts of confirmed and probable novel H1N1 flu. According to the CDC, that case count significantly underestimated the true number of cases because most people with respiratory illness are not tested for H1N1. The nation's traditional flu surveillance systems are now being used to track both novel H1N1 and seasonal flu. As of Monday, August 18, 2009, there have been 4 positive cases of H1N1 on the University campus. The individuals from Kean University were seen in Health Services and have made a full recovery. Therefore, it is more important than ever to practice good hygiene.

As part of our standard procedure in issues related to public health, we are working closely with local and state health officials to share information and respond as appropriate.

Information on H1N1 is available on Health Services website,

http://www.kean.edu/~health/H1N1_Flu.htm

What to look For: Symptoms of H1N1 virus include fever greater than 100 degrees, body aches, coughing, sore throat, respiratory congestion, and in some cases diarrhea and vomiting.

What to Do:

Students:

1. **Stay home** if experiencing influenza-like symptoms and call your primary care provider.
2. If on campus, report immediately to Health Services at Downs Hall Room 126, or call 908-737-4880 Monday-Friday 9:00am-5:00pm. After Health Services hours, call Campus Police at 908-737-4800. Students may also email hsnurses@kean.edu for any health related question. **Emails are not a substitute for seeking medical care.**
3. **Upon reporting to Health Services, please let the front staff aware you are experiencing influenza-like symptoms.**
4. Students are also encouraged to call 1-800-FLU-KEAN, to report influenza-like-symptoms in a **confidential** setting. **This is not mandatory; it will be used as guidance in providing health care to the Kean University community.**

Faculty/Staff:

1. **Stay home if experiencing influenza-like symptoms** and call your primary care provider.
2. Contact Human Resources at 908-737-3300 and report influenza-like symptoms.
3. Faculty and staff are also encouraged to call 1-800-FLU-KEAN, to report influenza-like-symptoms in a **confidential** setting. **This is not mandatory; it will be used as guidance in providing health care to the Kean University community.**

CDC recommendations for prevention:

1. Cover your nose and mouth when you cough.
2. Throw the tissue in the trash after use.
3. Wash your hands often using soap and water for at least 30 seconds, especially after coughing or sneezing. Alcohol based hand sanitizer are also effective.
4. Avoid close contact with sick people.
5. Avoid touching your eyes, nose or mouth. Germs spread this way.
6. If you get influenza-like symptoms, **stay home** from work or school expect to seek medical care and limit your contact with others.
7. **If you are sick with a flu-like illness, stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of fever-reducing medicine.) Keep away from others as much as possible. This is to keep from making others sick.**
 - a. **Fever Reducing medications include Aspirin, Acetaminophen (Tylenol), Ibuprofen (Motrin, Advil, Nuprin), Naproxen (Aleve).**

Kean University Health Services is starting a **Cover Your Cough** campaign throughout campus to prevent the spread of influenza. Signs will be posted throughout campus to remind the community to cover their coughs, and wash their hands. On September 3, 2009 from 2:30pm to 4:30pm, Health Services will be in the University Center Atrium to educate the campus community about Cover Your Cough and will be handing out giveaway bags.

The best form of prevention is to remain at home and contact your health care provider.

RESOURCES FOR MORE INFORMATION:

The **New Jersey Department of Health and Senior Services** has a toll free information line available from 9am -5pm, 1-866-321-9571.

For details of the state's announcement of confirmed New Jersey cases:

<http://www.nj.gov/health/er/h1n1/>

Up to date information is available at the CDC website:

<http://www.cdc.gov/h1n1flu/>