

TO: Kean University campus community

FROM: Health Services

RE: H1N1

DATE: July 8, 2009

Kean University officials want to inform our community that New Jersey State health officials announced as of July 1, 2009, that there are 769 positive cases of H1N1 (swine flu) confirmed in the state, with 390 probable cases and 9 deaths. In Union County, there are 50 confirmed cases and 2 deaths. As of Monday, July 8, 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 should contact Health Services at 908-737-4880 Monday-Thursday 9:00am -5:00pm or their personal care physician. Faculty/staff are to contact Human Resources at 908-737-3300. The best form of prevention is to remain at home and contact your health care provider.

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 get sick, the Centers for Disease Control and Prevention recommends that you stay home for 7 days after symptoms begin or until you have been symptom-free for 24 hours, whichever is longer.**

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/>