

**University of Wisconsin-Milwaukee
2009 H1N1 Flu (Swine Flu) Frequently Asked Questions
9/14/09 Update**

Q: What is the status of 2009 H1N1 Flu on campus?

A: The University Pandemic Planning and Response Team continues its ongoing surveillance and risk assessment for campus. Regular updates will continue being posted to flu.uwm.edu. The University is taking guidance from the City of Milwaukee Health Department, the Regional Public Health Consortium, the state and the CDC recommendations for colleges and universities. Bookmark flu.uwm.edu and visit <http://www.cdc.gov/h1n1flu/institutions/guidance/>.

As expected would happen this fall, UWM has experienced cases of H1N1 on campus. Given the current level of severity of the flu, this is generally not alarming. UWM continues its focus to provide clear precautionary measures so students and the campus community remain as healthy as possible.

Q. How will the university handle confirmed or probable cases of H1N1 on campus?

A. With guidance from the CDC and the City of Milwaukee Health Department, as of [August 2009](#), there are clear recommendations that support schools continuing their classes and large events this fall. Initial guidance and actions in May by public health authorities were based on the uncertainty of the severity of the illness at this time, which is now suspected to be similar in severity to seasonal influenza.

Campus administrators are being updated regularly with aggregate reports of cases and levels of influenza-like illness being evaluated by Norris Health Center and present on campus. City of Milwaukee Health Department is not recommending notification of classroom contacts and is in support of our advice to students recommending individuals notify their closest contacts.

You should regularly check the flu.uwm.edu for updates.

Q. I am concerned about being exposed to the H1N1 virus. What should I do to be proactive with prevention?

A. The best plan is to wash your hands frequently with soap and water. UWM is doing everything in its power to reduce the risk of potential exposure on campus and has placed hand sanitizer stations in high-traffic areas. As an additional precaution it is recommended that you carry and use a personal-size bottle of hand sanitizer with you. In general, you can follow your normal routine, including going to class and large group activities. Individuals who are at high risk for complications should, as per CDC recommendations, consider their risk of exposure if attending large public gatherings and contact their personal health care provider with questions.

Get a seasonal influenza as soon as possible. While this does not prevent H1N1 flu it protects you from seasonal influenza strains which may also be circulating this year. Get a H1N1 vaccine when available to you. Initial vaccine will be given to priority groups as defined by the CDC. All individuals ages 18-24 are in that priority group which is 21,000 of our students.

Q. What are the symptoms of H1N1 and how are they different from other illnesses?

A. Current information indicates that H1N1 symptoms appear to be similar to seasonal influenza. These symptoms most commonly include fever, cough, sore throat, and body aches that usually come on suddenly. Some of these symptoms overlap with common illnesses that people experience and especially college students, such as colds, strep throat, mono or a flare of seasonal allergies. If your temperature is above 100 degrees and you have any of the other symptoms described above, review our student guide at http://emergency.uwm.edu/pdf/what_do_flu.pdf. If you have additional questions call your health care provider for advice.

Q. If I'm experiencing flu-like symptoms, what should I do?

A. If you are experiencing flu-like symptoms, you should stay home or go home. It is expected that most people will recover without needing medical care. Contact your health care provider if you have any concerns or if you or someone you are in close contact with are at high risk for flu complications. Your health care provider will determine whether flu testing or treatment is needed. As H1N1 flu has become more wide-spread, CDC and local public health authorities have issued guidance that in general individuals with mild illness, who are not at risk for complications or are not health care workers do not usually need to be tested or treated.. Antiviral drugs can be given to treat those who are severely ill with influenza or have an underlying medical condition. These guidelines were reinforced by the CDC on September 8, 2009 at <http://www.cdc.gov/h1n1flu/recommendations.htm>. Visit the CDC's information as of August 5, 2009 at <http://www.cdc.gov/h1n1flu/sick.htm>

Q. If I am a student and am sick what else do I need to do?

A. If you are a student, contact your instructor or professor to discuss provisions to make up missed coursework or exams. Faculty and staff have been asked to be flexible in dealing with flu-related absences. Any student who needs additional general assistance or has general questions during this time should contact the Office of the Dean of Students, 414-229-4632. Any student in need of emotional support, contact the Norris Health Center's Counseling Center at 414-229-4716.

CDC recommendations state that individuals with the flu, or experiencing flu-like symptoms (i.e., fever with either cough or sore throat) should stay at their place of residence for 24 hours after their fever has resolved without the use of fever-reducing medication.

Q. What if I do have the flu or flu-like symptoms and live in the residence halls?

A. Stay in your residence hall room and take your temperature if you have not already done so. This is important information that you will need if you speak to a medical provider, to determine if you need to remain at home, and to determine when you can return to class. If you do not have a thermometer ask someone you know to get a 1 time use thermometer at the front desk or purchase one for \$3.00 at the convenience stores in Sandburg or Riverview. If you are advised to isolate yourself or based on your symptoms determine you need to remain isolated our recommendation is that you rest and recuperate at home with your family. If you are unable to return home, University Housing has a very limited number of rooms where you could follow your healthcare provider's recommendation to remain isolated. Contact University Housing by calling one of the service desks and ask to speak with the Security Staff. (Sandburg and Purin residents

call 414-229-6123, RiverView residents call 414-229-3595, and Kenilworth residents call 414-229-0512 if you are sick or need assistance).

Q. What if I have been exposed to the flu by being in close contact with someone who has flu symptoms but I do not have any symptoms?

A. If you are certain you've been directly exposed, you can follow the City of Milwaukee Health Department recommendations which currently state that asymptomatic contacts of ill patients, including contacts of patients with probable or confirmed 2009 H1N1 Flu, are not restricted in their activities in the community. Individuals who fall into high risk categories should contact their health care provider for guidance. All individuals in close contact with someone with flu like symptoms should assess their own health frequently, and if they become ill they should immediately contact their health professional.

Q. If I have general questions about H1N1, whom should I contact?

A. There are several links to health resources at flu.uwm.edu. The City of Milwaukee Health Department is now recommending that calls go to 2-1-1. Norris patients can call 414-229-6668 to get their general questions answered.