

# H1N1 (Swine) Flu

## Frequently Asked Questions

### Colleges/Universities

#### 🌟 Why should higher education institutions be concerned about flu?

Everyone can get sick with flu, and institutions may act as a “point of spread.” To date, the highest number of cases of H1N1 (Swine) Flu have been confirmed among people 5–24 years old. They are also at risk of getting seasonal flu.

#### 🌟 What should everyone do to stay healthy and help prevent the spread of flu?

- Get vaccinated. Consider vaccination for seasonal flu and the H1N1 (Swine) Flu when the vaccine is available.
- Practice good hand hygiene. Wash hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.
- Practice respiratory etiquette. Cover coughs and sneezes with a tissue or a sleeve.
- Stay home if sick. Stay away from others for at least 24 hours after fever free.

#### 🌟 Should institutions provide vaccinations for seasonal and H1N1 (Swine) Flu?

Institutions should consider working with their public health partners to have on-site vaccination clinics for seasonal flu and H1N1 (Swine) Flu, when the vaccine is available.

#### 🌟 What are the symptoms of flu, including H1N1 (Swine) Flu?

Symptoms of flu include fever and cough or sore throat. In addition, symptoms of flu can include runny nose, chills, body aches, headache, tiredness, diarrhea, or vomiting.

#### 🌟 Who is at higher risk for complications from flu, including H1N1 (Swine) Flu?

Anyone can get the flu (even healthy people) and have serious problems from the flu.

Everyone should talk with their health care provider to determine if they are at a higher risk for flu complications, especially if they are ill with flu-like illness or have been in close contact with others who are sick with flu or flu-like illness.

#### 🌟 What should students or faculty members living on campus do if they get the flu?

People with flu-like illness should remain at home or in a private room and away from other people until at least 24 hours after they are fever free without the use of fever-reducing medications (any medicine that contains ibuprofen or acetaminophen).

**✿ What steps should I take if my roommate is sick with the flu?**

- You should limit your contact and try to maintain a distance of 6 feet.
- If close contact cannot be avoided, your sick roommate should wear a surgical mask when around you and other people.
- You should frequently clean commonly-touched surfaces.
- Everyone should practice good hand hygiene.

**✿ What can institutions do to encourage everyone to stay in their homes, dormitories, or residence halls when they're sick?**

For faculty and staff, consider adjusting sick leave policies to ensure they do not return to work or class while sick. For students, consider similarly altering policies to ensure that there are no academic consequences for staying home while sick. Institutions also should consider providing distance-based learning options, such as Web courses.

**✿ Is it recommended that parents bring college students home temporarily if they are ill, or are around others who are ill?**

If possible, residential students with flu-like illness should go home. They should return home by private car or taxi and wear a surgical mask. Students who are at higher risk for flu complications are encouraged to talk with their health care provider if they have been in close contact with others who are sick with flu or flu-like illness.

**✿ Should institutions cancel football games, concerts or other similar mass gatherings?**

Institutions should explore ways to modify events to reduce close contact and increase distances between participants. Institutions may need to consider cancelling some events if modification is not possible and there is a high level of influenza activity in the community.

For information visit [www.flu.maryland.gov](http://www.flu.maryland.gov) or call 1-877-MDFLU4U (633-5848)



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