

A message from the Ohio Board of Regents

Swine Flu Diagnosed in Ohio

As of 4/25/09, 20 cases of swine flu have been reported throughout the United States, including 1 case in Elyria, Ohio.

The flu shots people got in the fall of 2008 and winter of 2009 did not have components in the vaccine to prevent swine flu. So swine flu can spread quickly in a population that is not immune to the illness.

Recommended Actions

College and university officials are urged to review their emergency plans that deal with infectious diseases. The decision to implement those plans at the appropriate level should be based on the fact that at least one confirmed case of human swine flu has occurred in Elyria, Ohio. University officials should notify their local county health department and the Board of Regents if precautions are implemented.

On Monday, April 27 a representative from the Ohio Board of Regents will contact each institution with additional information.

Symptoms

Symptoms of swine flu are similar to those of the regular flu, but symptoms can be more severe than the regular flu. They include:

- a sudden fever
- body aches and pains
- coughing
- fatigue

People who have swine flu may also have nausea, vomiting, and diarrhea and/or a runny nose and sore throat.

If you encounter someone with these symptoms

Contact health providers (the student health service or local emergency room) immediately. Medical staff at these locations can help decide whether and how soon medical evaluation is required. They will also provide special instructions for coming in to health center or hospital to minimize exposing others in case you do have swine flu.

Preventing swine flu

Since flu shots administered in fall 2008/winter 2009 will not protect against swine flu, it is important to practice other behaviors that can reduce your chances of becoming ill.

- **WASH YOUR HANDS FREQUENTLY WITH SOAP AND WATER**, or carry a small-size, alcohol-based hand sanitizer with you and use it often.
- **KEEP YOUR HANDS AWAY FROM YOUR MOUTH, NOSE, AND EYES.**
- **DON'T EAT, DRINK, OR SMOKE AFTER OTHERS.**
- **COUGH OR SNEEZE INTO YOUR UPPER SLEEVE SO THAT VIRUSES ARE TRAPPED IN THE FABRIC OF YOUR CLOTHING AND SO THAT YOU DO NOT CONTAMINATE YOUR HANDS.** If you cough into a tissue, throw it in a wastebasket immediately. Don't lay it on a surface that others might touch. Wash or sanitize your hands as soon a possible.
- **AVOID CLOSE CONTACT WITH PEOPLE WHO ARE SICK, AND STAY HOME WHEN YOU ARE ILL.**

Further Resources

The CDC Health Advisory, dated April 25, 2009 can be found at:

http://www.cdc.gov/swineflu/pdf/HAN_042509.pdf

General CDC guidance documents can be found at:

<http://www.cdc.gov/swineflu/investigation.htm#guidancedocs>