



## H1N1 Virus



H1N1 is a respiratory disease that does not normally impact humans. However, at this time, it is contagious for humans and is currently affecting many people across the world including some of our GSU students. It is spread the same way as the seasonal flu: by coming in contact with infected people who are coughing or sneezing.



### Signs and Symptoms

The symptoms of H1N1 in people are similar to the symptoms of regular human flu and include:

- Fever
- Cough
- Sore throat
- Body aches
- Headache
- Chills
- Fatigue
- Vomiting



Take this condition seriously, as H1N1 varies from mild symptoms to severe. If you feel sick, see a doctor. You will need to limit your contact with others so you do not infect them.

### Emergency Warning Signs

Seek emergency medical care if you become ill and experience any of the following warning signs:

- **Difficulty breathing or shortness of breath**
- **Pain or pressure in the chest or abdomen**
- **Sudden dizziness**
- **Confusion**
- **Severe or persistent vomiting**



# Health Services at GSU

**If you experience any of the symptoms of H1N1, visit Health Services as soon as possible.**

**Location:** The Health Center is on Forest Dr. across from Watson Hall and near Lakeside Café.



**Operating Hours:** 8AM- 5PM Monday- Friday

**Eligibility:** Students enrolled in 4 or more semester hours prepay the health fee each semester. This entitles those students to office visits during the semester. Students taking less than 4 semester hours may choose to pay the office visit fee to receive the same benefits.

Visit <http://services.georgiasouthern.edu/health> or call 478-5484!

## Avoid Spreading Flu Germs

- Cover your nose or mouth with a tissue when you cough or sneeze.
- Throw away used tissues immediately.
- Wash your hands often with soap and water, especially after coughing or sneezing.
- Use alcohol-based hand cleaners



Source: <http://www.cdc.gov/flu/protect/stopgerms.htm>

## After Hour Care

**When Health Services is closed, the Immediate Care Center is available. Call 912-871-5150.**

**Location:** 1096 Bermuda Run Rd.

### Hours:

**Monday-Friday 9 am- 8 pm,**

**Saturday 9 am-5 pm,**

**Sunday 12 pm-5 pm**

For emergency care, the emergency room at East Georgia Medical Center in Statesboro is open 24 hours a day.

