



## **Health Services Campus Communication** **Updated: August 21, 2009**

Georgia Southern University continues to monitor the influenza virus and its effect on our campus community. We would like to take this opportunity to share the latest information with you.

This week, a number of students have been evaluated by Campus Health Services for flu-like illnesses. Of those, fewer than 30 have tested positive for Influenza Type A. Georgia Southern today confirmed one case of H1N1, however that student has been treated and is doing better. H1N1 influenza is one type of Influenza A.

Those who have been diagnosed with influenza have been advised to stay in their room or apartment until they have been without fever for 24 hours (without the help of a fever reducer) and to not attend class or campus activities. These steps are being taken to reduce exposure to the flu.

It is important to remember that at this point, H1N1 influenza does not cause symptoms or outcomes any worse than those of the seasonal influenza that we experience during the normal flu season (see: [http://www.cdc.gov/h1n1flu/key\\_facts.htm#flu](http://www.cdc.gov/h1n1flu/key_facts.htm#flu))

No University facilities have been closed and campus activities are continuing as scheduled. The University is working to make sure students who are diagnosed with influenza can make up their class work and are not penalized for their absences.

Georgia Southern University began preparing for H1N1 influenza when the first cases were reported in Mexico last spring. The University follows Center for Disease Control guidelines for cleaning and disinfecting common areas, has added signage to indicate hand washing stations, screened campers and visitors to campus during the summer months for influenza, and has distributed information about the prevention of H1N1 and what to do if you become ill. These proactive steps continue today.

### **Tips for Staying Healthy**

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.

Any student who is ill is encouraged to contact Health Services or their private physician for diagnosis and treatment. For more about H1N1 symptoms, prevention, or what to do if you become ill, visit <http://services.georgiasouthern.edu/health>. This site is updated regularly as new information becomes available.

Brian DeLoach, M.D.  
Chief of Staff, Health Services  
Georgia Southern University