



## **H1N1 (Swine) Flu update**

With fall classes underway on busy campuses, the college wants to take this opportunity to remind all students, faculty and staff to help keep our college community healthy by taking preventive measures to avoid transmission of the current H1N1 Swine flu strain.

### **What is Swine Flu?**

Centers of Disease Control (CDC) define Swine Flu as a respiratory disease of pigs caused by type A influenza virus. **This virus was originally referred to as “swine flu” because laboratory testing showed that many of the genes in this new virus were very similar to influenza viruses that normally occur in pigs (swine) in North America. But further study has shown that this new virus is very different from what normally circulates in North American pigs. It has two genes from flu viruses that normally circulate in pigs in Europe and Asia and bird (avian) genes and human genes.**

### **Signs and Symptoms of the Swine Flu:**

Fever, aches and pains, sore throat, coughing, trouble breathing, diarrhea and vomiting are most of the symptoms being reported to the CDC.

### **What you can do to stay healthy?**

Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people. Therefore, by following these basic infection control techniques, you can reduce the risk of spreading or getting the flu by:

- Covering your nose and mouth with a tissue (or in your sleeve) when you cough or sneeze. Throw the tissue in the trash after you use it.
- Washing your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoiding touching your eyes, nose or mouth. Germs are spread that way.
- Trying to avoid close contact with sick people (6-ft distancing from sneezed or coughed droplets).

### **Staying Informed**

The following links are provided that will give up-to-date information and current status of the swine flu outbreak. **The links below provide guidance only. In the event there are conflicts Midlands Technical College’s policies and procedures should be followed.**

<http://www.cdc.gov/swineflu>  
<http://www.scdhec.gov/flu/swine-flu.htm>  
<http://www.pandemicflu.gov>

**Vaccinations**

Students, faculty and staff can check with their health care provider for recommendations and availability of H1N1 vaccinations.