

# SEASONAL AND H1N1 FLU

## FAQs

### 1. What is “the flu”?

The Centers for Disease Control (CDC) defines influenza (flu) as a contagious respiratory illness caused by influenza viruses that can cause mild to severe symptoms including fever, headache, cough, sore throat, body aches and fatigue. Stomach symptoms such as nausea, vomiting and diarrhea also can occur. Some people, such as older people, young children, pregnant women and people with certain health conditions, (such as asthma, diabetes or heart disease) are at increased risk for complications from seasonal flu illness.

### 2. What is the difference between seasonal and H1N1 flu?

Seasonal flu viruses have been circulating in human populations for several seasons, allowing people to build up immunities to them. Most people do not yet have immunity to the new strain of H1N1 flu. A vaccine is available to prevent seasonal flu. A vaccine for novel H1N1 flu is being developed and is expected to be available in October.

### 3. How do I know if my symptoms are H1N1 flu or seasonal flu?

It will be difficult to determine if someone who is sick has the new H1N1 flu virus or seasonal flu because the symptoms are very similar. Given the worldwide presence of H1N1 flu, federal and state health officials are not recommending laboratory tests to determine in all cases whether an ill person has H1N1 flu. Because it will be difficult to determine if someone has H1N1 flu or seasonal flu, anyone who has flu-like symptoms should self-isolate until they are no longer contagious in order to prevent the spread of illness.

### 4. What is the University doing to prepare for dealing with the Seasonal and H1N1 Flu?

CNU has emergency plans in place to address campus incidents and health concerns. The CNU response team, which includes members from Student Affairs, Academic Affairs, Public Affairs, Department of Public Safety, Health Services and others, receives regular information from the CDC and the Virginia Department of Health. The Peninsula Health Department, which is monitoring local flu conditions, also provides CNU with information to help make informed decisions. In addition, the University is following the current CDC guidelines for institutions of higher education related to the H1N1 Flu. Recent actions include:

- Dr. Kevin Hughes, the Dean of Students has provided information about both seasonal and H1N1 flu to all students, advising them of prevention methods and reliable resources and providing directions for what to do should they become ill or experience symptoms of flu-like-illness. View this letter at <http://cnualert.info>
- University Health & Wellness Services (UHWS) sponsored seasonal flu vaccine clinics.
- Residence hall directors and resident assistants (RAs) have been given influenza educational information to post and educate students in their respective halls and are available to provide assistance or guidance.

- The University is registered with the Virginia Department of Health for H1N1 vaccine. When the vaccine becomes available, students will be given information about how and where to receive the vaccine.
- Education and prevention efforts continue across campus.

**5. If a student has tested positive for the flu or has symptoms of influenza-like illness, what should they do?**

Following the current CDC guidelines, the University has provided specific directions that include self-isolation, staying home or in the residence hall room until fever-free for 24 hours without fever reducing medications. Students should notify their RA, professors, coaches and supervisors of their illness and anticipated absence due to flu. Students do not need a note from the doctor in order to return to class.

**6. How will a student get meals while they are self-isolating?**

A Sick Tray Meal-to-Go option is available for students with a meal plan. A form can be downloaded from the Dining Services or Residence Life webpage. With this option, a roommate or friend may bring food and drinks from the dining hall to the sick student.

**7. What should students do about their classes if they have the flu?**

Students should communicate with faculty if they expect to miss class due to the flu and self isolation. Faculty has been encouraged to work with students who have the flu by providing flexibility in attendance policies and making arrangements for make-up work. In addition, many of our faculty provides part of the course on-line using the Scholar program. Students are also encouraged to check their CNU e-mail account daily for class related information from faculty.

**8. How important is the use of a mask?**

The University is following current CDC guidelines that indicate that masks are not usually recommended in non-health care areas and is not providing masks. The decision to use a mask is an individual's choice.

**9. What can parents do?**

Learn about seasonal flu and H1N1 and encourage your son or daughter to receive both seasonal and H1N1 flu vaccines. Seasonal flu vaccine is available now in UHWS. Encourage your student to make a first aid kit for flu and other potential illnesses or injuries. Discuss plans should your child become ill. Encourage your child to review their CNU e-mail regularly. To be informed on the most up-to-date information, visit <http://cnualert.info/>

**10. How will the University communicate with me?**

Updates will be sent through student and faculty/staff e-mails. New or changed information based on the current circumstances will appear in the cnualert website.

**Register on-line for emergency text and e-mail messages at <http://cnualert.info>**

**Review <http://cnualert.info> for updated information**