

# H1N1 A-TYPE FLU: WHAT YOU NEED TO KNOW

The H1N1 A-type flu is a respiratory disease of pigs that doesn't normally impact humans. However, like all flu viruses, it is contagious and has recently been spreading from human to human in isolated areas. Spreading typically occurs the same way as seasonal flu, by coming in contact with infected people who are coughing or sneezing.

## Signs & Symptoms:

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

## Emergency Warning Signs:

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

If you become ill and experience any of these warning signs, seek immediate emergency medical care.

## Seeking Medical Attention On Campus:

University Health and Wellness Services  
James River Hall, First Floor  
Office Hours: 8:30 a.m. - 5 p.m., M to F  
Clinic Hours: 9 a.m. - 4 p.m., M to F  
Phone: 757-594-7661  
Website: <http://studentclinic.cnu.edu>

## If you need assistance outside of University Health & Wellness Hours:

**24-Hour Riverside Ask A Nurse Hotline:**  
(757) 594-2000

### **Sentara Urgent Care**

747 J. Clyde Morris Blvd.

(757) 599-6117

M to F: 8 a.m. - 8 p.m.

Saturday: 8 a.m. - 4 p.m.

Sunday: 10 a.m. - 4 p.m.

## Avoid Spreading Germs By...

- \***Avoiding close contact** with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- \***Staying home when you are sick.** If possible, stay home from work, school, and other activities when sick.
- \***Covering your mouth and nose** with a tissue when coughing or sneezing.
- \***Cleaning your hands.** Washing your hands often with soap and water will help protect you from germs.
- \* **Avoiding touching your eyes, nose or mouth.**
- \* **Practicing other good health habits.** Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.