



2500 E. Nutwood Avenue, Fullerton, CA 92831 • (714) 879-3901

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As we are entering Flu season, we wanted to be as preemptive as possible in educating you on the Flu, the Swine Flu (H1N1) and other seasonal flu issues.

**First**, please **become aware** of what real Flu symptoms are. You can visit the United State's Center for Disease Control's website to inquire more about Flu symptoms (<http://www.cdc.gov/flu/symptoms.htm>).

**Second**, if you have Flu symptoms, please take the following measures:

- **Stay home** from work or school (so you don't get others sick too).
- **Get lots of rest**, drink plenty of liquids.
- There are over-the-counter (OTC) medications to relieve the symptoms of the flu (but never give aspirin to children or teenagers who have flu-like symptoms, particularly fever).
- Remember that serious illness from the flu is more likely in certain groups of people including people 65 and older, pregnant women, people with certain chronic medical conditions and young children.
- **Consult your doctor** early on for the best treatment.
  - Take any and all medications prescribed for your Flu illness.

**Third**, if you are living on campus, we would like to know if you have the Flu, so we can be of assistance in your circumstances. For instance,

- We will help arrange **food** delivery to you in your room, until you can make it home.
- We want to help you **get home** as soon as possible, if your parents live within the Southern California metroplex. If it is not possible for you to go home, we may need to make specific housing arrangements for your health and that of the rest of the community.
- We can help you **notify your professors, coaches, etc.** of your illness and that you will not be in classes until you are well.

**Fourth**, Swine Flu (H1N1) is real, but is also **rare**. Thus far, HIU has NEVER had any documented cases of the Swine Flu (H1N1). This includes the Flu that the men's soccer team recently battled. There are some things you need to know about the Swine Flu (H1N1).

1. **Swine Flu (H1N1) symptoms are significantly worse than seasonal Flu symptoms.** In addition to normal Flu-type symptoms you will have...
  - a. Difficulty breathing or shortness of breath
  - b. Pain or pressure in the chest or abdomen
  - c. Sudden dizziness
  - d. Confusion
  - e. **Severe** or **persistent** vomiting



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**If you or someone you know is experiencing any of these signs seek Emergency Medical Care.**

2. Remember, the **Swine Flu is rare.**
3. Even if you or someone else on campus does contract the Swine Flu, **most people are not in eminent danger. The Swine Flu is completely treatable in normal, healthy people.**
4. If you or someone you know has the Flu, please **DO NOT SPREAD RUMORS OR JOKE** that you or they have the Swine Flu, as it may incite paranoia in those who are not educated about the Flu and Swine Flu.

**Finally,** EVERYONE needs to be taking **precautions** against the Flu this season.

1. Take the time to go **get a Flu vaccine shot!!!** HIU is currently working on hosting a day in which Flu vaccines will be available ON CAMPUS. Keep your eyes and ears open for when and where!
2. **Wash your hands often** with soap and water. If soap and water are not available, use an alcohol-based hand rub.
3. **Cover your nose and mouth** with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
4. Avoid touching your eyes, nose and mouth. Germs spread this way.
5. Try to avoid close contact with sick people.
6. If you are sick with flu-like illness, CDC recommends that you **stay home** for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.)
7. While sick, limit contact with others as much as possible to keep from infecting them.
8. Follow public health advice regarding school closures, avoiding crowds and other measures to keep our distance from each other to lessen the spread of flu.

**If you have any questions, please contact the Student Affairs Department.**

Verna Lindell, Administrative Asst. to the Vice President of Student Affairs – Ext. 2311  
Priscilla Schubert, Director of Student Life – Ext. 1644  
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