

## FLU VIRUS INFORMATION

# H1N1 vaccination open to all

12-14-09

The Porter County Health Department has opened the H1N1 flu vaccination to everyone and Valparaiso University students, faculty, and staff may obtain a free H1N1 vaccination at Valpo's Health Center through Wednesday, Dec. 16. Those interested in obtaining a vaccine should visit the Health Center from 8 to 11:30 a.m. or from 1 to 4 p.m.

[Read More...](#)

## Campus Community Encouraged to Help Prevent Spread of the Flu

\*updated 11-05-09

The emergence of the H1N1 flu virus (formerly known as swine flu) poses challenges for our community this flu season. Most cases of H1N1 flu have been mild, but there have been hospitalizations and deaths – just as there is every year with seasonal flu. It is important for our campus to be proactive as H1N1 has caused more illness in people age 5-24, whereas the seasonal flu mostly affects the old and very young.



Valparaiso University asks for your help in preventing the spread of both the seasonal flu and the H1N1 virus. Valpo strongly encourages all students to get a seasonal flu and H1N1 vaccination as the best prevention strategy. Flu

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vaccinations are available at Valpo's Health Center, though limited quantities of the H1N1 vaccination available. Seasonal flu shots are \$20 and H1N1 flu vaccinations are free. No appointment is necessary.

At present, classes and other campus activities are continuing as scheduled. The University is monitoring flu conditions with the Centers for Disease Control and Prevention and the local and state health departments, and we will keep you updated with new information as it becomes available to us. In the event of a flu outbreak, Valpo's emergency response team, working with public health officials, will make recommendations concerning changes in or cancellations of classes or campus activities. Any such decision will be communicated to the campus community through e-mail, Valpo's Web site and other communication vehicles.

## **Symptoms**

Symptoms of H1N1 influenza are similar to seasonal influenza and include fever (temperature equal to or greater than 100 degrees Fahrenheit or 38 degrees Celsius), cough, sore throat, body aches, headache, chills, and fatigue. Some people have also reported diarrhea and vomiting. Like seasonal flu, anyone with underlying chronic medical conditions may be more seriously impacted by H1N1 flu.

## **What should I do if I get sick?**

It is expected that most people will recover from both the seasonal flu and H1N1 flu without needing medical care. If you do develop signs and symptoms of the flu you may be ill for a week or longer.

Students who experience flu symptoms are encouraged to return home and isolate themselves from other people as much as possible for at least 24 hours after they no longer have a fever without the use of fever-reducing medications (any medicine that contains ibuprofen or acetaminophen). Those unable to return home should stay in their room and isolate themselves as much as possible.

Students with flu symptoms also are encouraged to contact the Valpo Health Center (219-464-5060) to arrange an appointment or ask for instructions.

Students also should alert their professors and ask to be excused from classes until they have recovered. Professors will work with students who are ill to help them keep up with their coursework while they are unable to attend class. Dining Services will deliver box meals to students who are self-isolating themselves in their residence hall room.

Further advice on being ill with the flu is available at:

<http://www.cdc.gov/h1n1flu/sick.htm>

## **What can I do to help prevent the spread of the flu?**

- Getting vaccinated for seasonal and H1N1 flu is the best prevention strategy. The seasonal flu and H1N1 flu vaccinations are available at Valpo's Health Center. Seasonal flu shots are \$20 and H1N1 vaccinations are free; no appointment is necessary. If you are at higher risk for flu complications

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from H1N1 flu, you should consider getting the H1N1 vaccine. People at higher risk for H1N1 flu complications include pregnant women and people with chronic medical conditions (such as asthma, heart disease, or diabetes). For more information about priority groups for vaccination, visit [www.cdc.gov/h1n1flu/vaccination/acip.htm](http://www.cdc.gov/h1n1flu/vaccination/acip.htm).

- Practice good hand hygiene by washing your hands with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners also are effective.
- Practice respiratory etiquette by covering your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder, not into your hands.
- Avoid touching your eyes, nose, or mouth; germs are spread this way.
- Stay in your room or at home and isolate yourself from other people as much as possible if you have flu or flu-like illness for at least 24 hours after you no longer have a fever.
- Try to avoid close contact with sick people.

Bookmark and visit this Web site for updates or call the Health Center at 219-464-5060 for more information.

We can help protect our community's wellness by watching out for each other. If you know of anyone who has flulike symptoms, encourage them to contact their health care provider.

Toni Baldwin-Dufour Director, Valparaiso University Health Center

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