



UCF Health Services
4000 Central Florida Blvd.
Orlando, FL 32816-3333

UCF Health Services

Patient Care Advisory for H1N1 (Swine Flu) (Updated August 7, 2009)

Patient _____

The Center for Disease Control and Prevention (CDC) and the Orange County Health Department recommend the following guidelines to help prevent the H1N1 influenza virus. Proper hygiene, and social distancing (six feet or more from other individuals) or isolation of suspected or confirmed H1N1 cases are the cornerstones of preventing viral spread in our community.

How flu spreads

Like seasonal flu, H1N1 in humans can vary in severity from mild to severe. The main way that all influenza viruses spread is from person to person in respiratory droplets of coughs and sneezes, and when a person touches respiratory droplets on another person or an object and then touches their mouth or nose before washing their hands. People with suspected or confirmed H1N1 influenza should:

- Avoid close contact with others, by remaining in your room (separate from the common areas of the house, residence hall, or apartment) until at least 24 hours after you are free of fever (100 F) or signs of a fever without the use of fever-reducing medications. You may want to discuss this with your parents and consider returning to your home away from the UCF community;
- Wear your facemask whenever you need to be in the common area of your residence, when near other persons, or when seeking necessary medical care;
- Limit contact with visitors other than caregivers;
- Wash your hands with soap and water or alcohol-based hand sanitizers frequently, especially before eating. All persons in the household should do the same after every contact with you;
- Get plenty of rest and avoid exertion;
- Drink plenty of fluids such as water or sports drinks to prevent dehydration;
- Cover coughs and sneezes (preferably in one's shirt sleeve) and clean hands frequently with soap and water or alcohol-based hand sanitizers;
- Watch frequently for emergency warning signs that suggest your need to seek more medical attention. These warnings include:
 - difficulty breathing or chest pain
 - repetitive vomiting and unable to keep fluids down
 - signs of dehydration such as dizziness when standing, or absence of urination

- less responsive than normal or increasing confusion

Medications

You may have been prescribed medication specifically designed to fight influenza and help lessen influenza symptoms. These are referred to as “antivirals.” Some patients do not need these antiviral drugs to fully recover from the flu, and persons at higher risk for severe flu complications might benefit the most from these antiviral medications.

Influenza infections can lead to bacterial infections and some patients may need to take antibiotics. More severe or prolonged illness may be an indication that a person has a bacterial infection and please recheck with your health care provider if your symptoms increase and persist.

Over-the-counter cold and flu medications used according to the package instructions may help lessen symptoms such as cough and congestion, but these medications will not lessen how infectious a person is. The fever and body aches can be treated with Acetaminophen (Tylenol) or Ibuprofen (Advil, Motrin) or Naproxen (Aleve).

Vaccine

Currently, no vaccine is available for the novel H1N1 virus. According to the CDC, a vaccine should be available sometime in fall 2009.

Additional Information

If you have academic concerns (class absences, unfinished assignments, missed exams) because of your illness, either consult with your professor or contact your academic advisor in the Office of Undergraduate Studies at 407-823-2691.

We at UCF Health Services are here to help you, and if you need to set up another appointment or if you have questions, please feel free to contact us at 407-823-2701.

Continuously updated information on H1N1 influenza is available at the CDC Web site www.cdc.gov/h1n1flu, the UCF Health Services Web site www.hs.sdes.ucf.edu, or the Orange County Health Department Web site www.orchd.com.

UCF Health Services Provider _____ Date _____