



Student Health Services

As you may have heard, the United States declared a “public health emergency” on Sunday in response to the emerging new swine flu. While no cases of this swine flu have been identified in the state of Florida, at this writing there have been 20 confirmed cases in five US states: Kansas, California, Texas, New York and Ohio. The expectation is that cases in the US will continue to grow as predicted by Dr. Richard Besser, acting chief of the Centers for Disease Control and Prevention, during a press conference on Sunday in Washington, DC.

Although there have been reports of fatalities in Mexico attributed to this influenza, the cases in the United States have been relatively mild with full recovery at home in 3 to 4 days. Swine flu symptoms mimic other strains of influenza, typically fever, aches and upper respiratory symptoms, often with an abrupt onset. Treatment includes rest, fluids, fever reducers and typically an anti-viral medication such as Relenza or Tamiflu started in the first 48 hours of illness. These medications are available as a prescription through your health care provider.

USF Student Health Services encourages good health habits to prevent the spreading of flu. The most effective method of prevention is frequent and thorough hand washing or, if not feasible, the regular use of hand sanitizers. In addition, make it a habit not to touch your eyes, nose, or mouth except with a clean tissue. For more details on important habits to prevent spreading germs visit the Centers for Disease Control (CDC) at

http://www.cdc.gov/flu/protect/habits.htm?s_cid=swineFlu_outbreak_003. These tips are especially important during finals week as students often experience a reduction in sleep and an increase in stress which may cause some compromise to their immune systems.

Additionally, we have posted links to a variety of sources of information on this swine flu on the Student Health Services website at www.shs.usf.edu. Please visit this website for more details and regular updates on this national health concern.

Additional Swine Flu resources:

http://www.cdc.gov/flu/protect/habits.htm?s_cid=swineFlu_outbreak_003

<http://www2a.cdc.gov/podcasts/player.asp?f=11226>

<http://www.paper-clip.com/Media/Sites-administratorsSiteNavigation/swinefluHEstudent%20guide.pdf>

http://www.cdc.gov/swineflu/swineflu_you.htm

<http://www.cdc.gov/swineflu/index.htm>

<http://www.who.int/csr/don/en/>