The Division of Student in Affairs in consultation with other offices of the University have been meeting regularly to discuss the H1N1 pandemic. We have also been in contact with other universities around the state regarding their plans and procedures for responding to an outbreak of this virus.

Listed below are some questions you may have regarding this outbreak.

**How can I protect myself from catching the H1N1 virus?**

- Cover your nose and mouth with a fresh tissue or your sleeve (if no tissue) when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- Do not share food, glasses or utensils.

Hand sanitizer has been added to several locations on campus including residence hall lobbies, Campus Recreation, and dining hall areas. We encourage you to take advantage of these products as well as bring your own to campus.

Note: some people feel it necessary to wear masks when there is an outbreak of a virus. Please be aware it is most effective for those who are sick to wear a mask to keep from spreading germs through coughing and sneezing. Wearing a mask when you are well does little to keep you from catching a virus.

**What are the symptoms of the virus?**

The symptoms of the virus are similar to the symptoms of seasonal flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. A small number of people who have been infected with this virus also have reported diarrhea and vomiting. Typically this virus would carry a fever above 100.5 degrees. **We encourage you to bring a thermometer with you to campus so you are able to take your temperature should you get sick.**

**What should I do if I think I have contracted the virus?**

Before visiting our Student Health Services, we would encourage you to call Student Health Service at 974-2331. They will be able to advise you depending on your symptoms.
We would encourage those of you who are able, to go home for the duration of your illness. Not only is it likely you will be more comfortable staying with loved ones, but it will assist in limiting the spread of the disease on campus. For those that live too far away to go home we would encourage you to stay in your room and avoid going out. The recommendation is that those infected with the virus stay at home for 7 days after your symptoms begin or until you have been symptom-free for 24 hours, whichever is longer. This is to keep from infecting others and spreading the virus further.

It may be helpful if you are sick to use a mask when others are near you to keep from spreading your germs to those who are well.

**Will I have an opportunity to obtain a vaccine on campus?**
We will inform you when the vaccines for seasonal flu and H1N1 are available on campus.

**What should I do if my roommate/suitemate has the virus?**

Living in a residence hall, it is likely you will encounter others on your floor, in your building, or possibly in your room or other shared space who contract the virus. You should follow the precautions listed above regarding protecting yourself on a regular basis. In addition, you may want to bring some alcohol based wipes to campus with you to use in bathroom areas, sinks, etc. if you are sharing with someone who is sick. Wiping down these areas before use is effective in killing flu viruses.

As the situation regarding the H1N1 virus continues to develop we will update you with any new recommendations, policies, or procedures. For more information please go to the Student Health Services website [www.shs.usf.edu](http://www.shs.usf.edu) where several resources are available to you.

Our hope is for you to have a healthy and productive experience on campus. If we can be of further assistance, please let us know.

Housing & Residential Education

**Remember to bring with you to campus:**
- Hand sanitizer
- Alcohol based wipes
- Thermometer
- Tissues
- Advil or Tylenol