

Swine Flu [h1n1] Update

Symptoms for swine influenza (H1N1) include:

Fever
Headache
Cough
Sore throat
Runny nose
Muscle aches
Fatigue
Vomiting
Diarrhea



Stay Healthy!

In recent days we have all seen and heard media talk about the H1N1 influenza (commonly referred to as "swine flu"). Spartanburg Community College is committed to your safety, security and well being as a student. We are closely monitoring this situation and will take necessary steps to ensure our campuses are safe. As the situation warrants, we will communicate important information via email and on the SCC website (www.sccsc.edu).

Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people. To stay healthy, the Center for Disease Control (CDC) recommends:

- Stay informed. The CDC website (www.cdc.gov/h1n1flu) will be updated regularly as information becomes available.
- Cover your nose and mouth with a 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 hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Stay home if you get sick. CDC recommends that you stay home from work or school, seek medical care and limit contact with others to keep from infecting them.
- Follow public health advice regarding school closures, avoid crowds and other social distancing measures.
- Develop a family emergency plan as a precaution. This should include storing a supply of food, medicines, face masks, alcohol-based hand rubs and other essential supplies.
- Call 1-800-CDC-INFO for more information.

For additional information on the swine flu virus, visit:

S.C. Department of Health and Environmental Control (DHEC):
www.scdhec.gov/flu/swine-flu.htm

Centers for Disease Control and Prevention (CDC):
www.cdc.gov/h1n1flu/

U.S. Government information:
www.pandemicflu.gov/index.html

Google Map of H1N1 Flu affecting USA Higher Education campuses:
<http://maps.google.com/maps/>

If you experience any of the swine flu symptoms listed to the left, notify your instructor immediately!