

H1N1 Information

What is H1N1?

H1N1 (swine flu) is an influenza that causes illness in people. The virus is spread from person to person, similar to how the regular seasonal influenza is spread.

What are the symptoms of H1N1?

The symptoms of H1N1 are similar to the symptoms of the regular seasonal influenza. These symptoms include fever, coughing, sore throat, chills, lethargy, and lack of appetite. If you develop these symptoms it is important that you seek medical attention immediately.

How does the H1N1 virus spread?

The H1N1 is spread mainly from person to person through coughing or sneezing by people with the virus. People can become infected by touching something with the flu virus on it and then touching their mouth or nose.

How long can an infected person spread the virus to others?

Infected people may be able to infect others beginning 1 day before symptoms develop and up to 7 or more days after becoming sick. You may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.

What can I do to protect myself from getting sick?

Currently there is a vaccine being developed, but isn't available right now. There are everyday precautions that can help prevent the spread of the virus, similar to the precautions taken to prevent the spread of the regular seasonal influenza.

Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. If you do not have a tissue available cough or sneeze into the elbow of your arm.

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.

If you get sick with influenza you should stay home until you are fever free for over 24 hours. Limit contact with others to keep from infecting them.

Is it safe for me to be on campus?

Yes, FSCC has taken steps to protect the health, welfare and safety of our students.

What is FSCC doing to prepare for a possible outbreak of H1N1?

FSCC is taking steps to educate the campus about the prevention, symptoms of H1N1, and what to do if one becomes sick. FSCC is establishing a sick area which will be used for students who cannot travel back home after becoming infected. Students who exhibit influenza symptoms will be asked to leave campus until they are symptom free for at least 24 hours.

Do I have to go to class during the flu season?

FSCC is operating as usual and is not cancelling classes or college-sponsored events as a result of the H1N1 influenza.

What if I am sick?

Stay home. Do not come on campus. Contact the Dean of Student Services by email at stevea@fortscott.edu or phone by calling 620-223-2700, ext. 350. Go to a health care professional and follow their advice. Contact your instructors about your absence.

What if my child is sick or home because their school is closed?

Do not bring your child to campus (whether or not they are sick). The intent of closing schools is to keep children away from groups of people to lessen their possible exposure. If your child is sick, you are encouraged to go to a health care professional and follow their advice.