



## Parent FAQs for H1N1

**Is my son or daughter at risk for H1N1?** Yes. Cases of H1N1 have already appeared on most college campuses including Sacramento State. We expect to see more cases this fall, consistent with what is happening in all communities. The H1N1 flu virus is disproportionately affecting children and young adults.

**What is Sacramento State doing about H1N1?** Sacramento State has had emergency plans in place to address a wide-range of campus issues including health concerns. A campus taskforce on pandemic flu has been meeting regularly and is working closely with the Sacramento County Public Health Department to monitor flu conditions in our area and make decisions about the best steps to take concerning our institution. We will continue to keep you updated with new information as it becomes available to us.

**What do I do if my son or daughter becomes ill with the flu?** Students who are experiencing flu-like symptoms (fever, chills, cough, and/or sore throat) are expected to stay home and to self-isolate. Students should not attend class, work, or other group functions. They should not return to school until they are without symptoms and fever-free for 24 hours. If possible, residential students with flu-like illness whose families live relatively close to the campus should go home to self-isolate. They should return home in a way that limits contact with others as much as possible. For example, private car or taxi is preferable over use of public transportation. If a student is unable to return to home then we recommend that a roommate or friend arrange to bring meals and to check-in on the student regularly. Guidelines for home care can be found at [http://www.cdc.gov/h1n1flu/guidance\\_homecare.htm](http://www.cdc.gov/h1n1flu/guidance_homecare.htm)

**Should my son or daughter be seen at the Student Health Center?** Not necessarily. Most people will recover on their own within a few days. If your son or daughter experiences more severe symptoms (e.g. difficulty breathing, confusion, inability to drink adequate fluids, or persistent vomiting), or if you are extremely concerned and feel that he/she must be seen, your son or daughter should contact the Student Health Center at 278-6461. Your son/daughter will speak directly with a medical provider in order to determine their needs for appropriate evaluation and care.

**How long will the flu last and when should my son or daughter return to class?** Most of the cases that we have seen on the Sac State campus have been mild lasting less than a week. We ask that students not return to class, work, or other social functions until they are fever-free without the use of fever reducing medications for 24 hours.

**What are the treatments for the flu?** Get plenty of rest, drink fluids, and treat symptoms with drugs like acetaminophen (Tylenol) or ibuprofen (Motrin or Advil). Aspirin should not be given to anyone under 18 years of age. Throat lozenges may help to relieve a sore throat. Antiviral

drugs may shorten illness when used but need to be started within 2 days of symptoms. These drugs require a doctor's prescription and are expensive. They are currently recommended only for the extremely ill (e.g. hospitalized patients) or people who are at higher risk for complications.

**Should my son or daughter get antiviral medicine if they get sick?** Parents should make sure their son or daughter knows if he or she is at higher risk for flu complications. People at higher risk for flu complications include persons with chronic medical conditions such as asthma, heart disease, or diabetes. Parents should encourage sick students who are at higher risk to seek early treatment with a medical provider to determine if they need antiviral treatment. Antiviral medicines are not given to all people because most people get better on their own; over-use can promote antiviral-resistant viruses; and antiviral medicines can cause adverse reactions in some people.

**When will the seasonal flu vaccine be available to students?** The seasonal flu vaccine will be available soon to protect from seasonal flu which is common during December through March. Students can get the vaccine at the Student Health Center or at various different flu clinics held on campus. Please visit the SHC website at [www.csus.edu/hlth](http://www.csus.edu/hlth) for times and locations.

**Is there a vaccine to prevent the H1N1 flu?** Production of a vaccine for H1N1 is currently underway and is expected to be available in late October. This vaccine is likely to be two shots with the second shot given 3 weeks after the first shot.

**Is there a charge for the vaccine?** No. Both the seasonal flu vaccine and the H1N1 vaccines are "free" to students who pay the student health fee.

**How can I best prevent my son or daughter from getting the flu?** Please encourage your son or daughter to take the following steps to limit the spread of this virus:

- Cover your cough with a tissue or cough into your elbow or sleeve
- Wash your hands frequently, hand sanitizer is also good
- Avoid contact with ill persons
- Get vaccinated as recommended

**Where can I get up-to-date information?** Sacramento State is posting the latest information as well as links to other informational resources at <http://www.csus.edu/pa/flu/> or <http://www.csus.edu/hlth>.