



University of South Florida St. Petersburg administrators 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 cups, utensils, etc. with others.

Hand sanitizer has been placed in public locations in the residence hall. 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 out break 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, 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?

We encourage you to call your primary care physician or if that's not possible contact the physicians affiliated with USFSP, Dr. John Gross or Dr. Karen Castellano at 727-895-5210, or Dr. Danita Wong at 727-813-1111. For information about location and other local health resources visit the website for the Center for Counseling, Health and Wellness at www.stpete.usf.edu/saffairs/ccc/healthandwellnessservices.htm

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 home until they have a normal temperature for 24 hours without the aid of medication. 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?

Flyers will be posted in the residence hall to inform you when the vaccines for seasonal flu and H1N1 are available.

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 the 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 purchase some alcohol based wipes 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 the institution will post updates with any new recommendations, policies, or procedures. For more information please go to the University of South Florida St. Petersburg H1N1 website at www.stpete.usf.edu/h1n1 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.

Residential Life and Housing

Remember to keep with you on campus a supply of:

Hand sanitizer
Alcohol based wipes
Thermometer
Tissues
Advil or Tylenol