

WHEELLOCK COLLEGE

Employee Policy Announcement

H1N1 Flu (Swine Flu) Information

As you are likely aware, the Centers for Disease Control (CDC) has confirmed a growing number of H1N1 flu cases in humans in the U.S.

If you have flu symptoms, please contact your health care provider immediately. We recommend that any staff or faculty member with flu-like symptoms remain home until symptom-free (no fever for 24 hours). Please contact Human Resources at 617-879-2193 if you, or a member of your family, are being treated for flu. Normal sick leave policies will apply. (See page 18 of employee handbook)

Symptoms of H1N1 flu are similar to regular flu and include:

- Sudden fever over 100 degrees
- Cough, sore throat, muscle aches, headache, chills, fatigue, and general weakness
- Some people have also had diarrhea and vomiting.
- These symptoms can range from mild to severe and may cause a worsening of underlying chronic medical conditions.

H1N1 flu is not contracted by eating pork or pork products.

To find out more about H1N1, please contact the College's health care provider:

Tufts Health Plan.com -- <http://www.tuftshealthplan.com/> or www.fda.gov

You probably are not at risk unless you:

- Have had close contact with a person who is a confirmed case or
- Traveled to a community in the United States or internationally where there are one or more confirmed cases in the last week or
- Reside in a community where there is one or more confirmed cases.

Though H1N1 is able to be treated by the prescription antiviral drugs, vaccines are the best tool we have to protect against H1N1. The common "seasonal flu vaccine" is unlikely to protect against H1N1, however a new H1N1 vaccine is currently in production and may be ready by mid-October (see www.fda.gov). It is recommended that you receive both the seasonal flu vaccine and the H1N1 vaccine.

NOTE: H1N1 (swine flu) vaccination clinics will be announced once the vaccine is made available by the Massachusetts Public Health Department