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See the [H1N1 Swine Flu and Cal Poly Q & A](#)

## Cal Poly Swine Flu Precautions & Updates

**May 6, 2009**

### **Swine Flu Precautions Outlined; Still No Swine Flu Cases at Cal Poly**

On May 6, Cal Poly Health & Counseling Services Director Martin Bragg sent an e-mail to all Cal Poly students, faculty and staff about Swine Flu precautions. While there were three confirmed cases of Swine Influenza A(H1N1) in San Luis Obispo County, as of May 6, there were still no confirmed cases of Swine Flu at Cal Poly.

Here is the full e-mail sent to campus:

### **Re:Swine Influenza A(H1N1) Precautions (May 6, 2009)**

This update is intended to keep the campus community informed on the current status of the A(H1N1) Swine Influenza.

Currently, CDC reports 30 cases of a relatively mild form of illness in California. Three confirmed and four probable cases have been reported in San Luis Obispo County.

There are currently no confirmed or probable cases present at Cal Poly.

University officials are in close contact with San Luis Obispo County Public Health Department and are monitoring the situation closely. Consistent with campus plans for an outbreak of a contagious disease, an executive task force continues to meet daily to take action as needed. We will continue to update the campus community regularly as more information becomes available about conditions in our area.

Information below will help you identify swine flu symptoms and take necessary precautions to avoid contracting or spreading the virus. Our goal is to keep the campus community as healthy as possible.

1. If you have or have had a fever higher than 100°F and a cough or a sore throat, the San Luis Obispo County Public Health Officer recommends that you stay home from school or work for seven days from the start of your symptoms (when you started feeling sick). However, if after seven days you still have a fever, you should stay home from work or school until you've been free of a fever for 24 hours.
2. In addition, do the following:
  1. Get plenty of rest.
  2. Drink clear fluids (such as water, broth, sports drinks, electrolyte beverages for infants) to prevent dehydration.
  3. Cover coughs and sneezes. Clean hands with soap and water or an alcohol-based hand rub often, especially after using tissues and after coughing or sneezing into hands.
  4. Avoid close contact with others--STAY 6 FEET AWAY FROM OTHERS WHENEVER POSSIBLE.
  5. Watch for emergency warning signs that might indicate you need to seek medical attention: difficulty breathing or shortness of breath, pain or pressure in the chest or abdomen, confusion, or severe or persistent vomiting.
3. If you have or have had a fever higher than 100°F and a cough or a sore throat, and meet the following criteria, you should also call the Cal Poly Health Center at 756-6099 (if you are a currently enrolled student) or call your health care provider:

1. Have had contact with a confirmed H1N1 flu (swine flu) case
  2. Are part of a cluster of people with influenza-like illness (the symptoms described in #2 above)
  3. Have returned from Mexico within 7 days of beginning of illness or cared for ill household members with this travel history.
4. Remember, to avoid the spread of flu:
1. Cover your nose and mouth with a tissue when you cough or sneeze
  2. Wash your hands frequently with soap and water or with an alcohol-based hand cleaner
  3. Avoid touching your eyes, nose or mouth
  4. Avoid close contact with sick people, including kissing, sharing eating utensils, or drinking from the same container.

For more information about swine flu, visit:

CDC [http://www.cdc.gov/swineflu/key\\_facts.htm](http://www.cdc.gov/swineflu/key_facts.htm)

CDC [http://www.cdc.gov/swineflu/swineflu\\_you.htm](http://www.cdc.gov/swineflu/swineflu_you.htm)

Cal Poly Health Center <http://www.calpoly.edu/~hps/>

After Hours Care Referral Page <http://www.calpoly.edu/~hps/afterhours.html>

Sierra Vista Medical Center <http://www.sierravistaregional.com/CWSContent/sierravistaregional>

French Hospital <http://www.frenchmedicalcenter.org/index.htm>

## **April 27, 2009**

### **No Swine Flu at Cal Poly; General Flu Information and Resources Outlined**

On April 27, Cal Poly Provost Robert Koob sent an e-mail to all Cal Poly students, faculty and staff with general information about the Swine Flu outbreak, including links to more information about the flu and precautions. As of April 27, there were no swine flu cases at Cal Poly -- among humans or livestock.

### **April 27, 2009**

As you may know, the Centers for Disease Control are reporting an outbreak of swine influenza and have declared a public health emergency.

CDC officials report that human cases of swine influenza A (H1N1) virus infection have been identified in the United States and internationally. An investigation and response effort surrounding the outbreak of swine flu is ongoing.

Currently, CDC reports 40 confirmed cases of a relatively mild form of the virus, within the U.S. Of those, seven cases have been reported in California.

No Cal Poly swine are known to be infected, nor are there any known cases of swine flu reported in humans or swine in San Luis Obispo County.

University officials are in close contact with San Luis Obispo County Public Health Department and are monitoring the situation closely. Consistent with campus plans for outbreak of a contagious disease, we are prepared to take action as needed. We will continue to update the campus community regularly as more information becomes available about conditions in our area.

It's important to remember what it means to declare an emergency, and what it doesn't mean. The declaration does not mean the identified cases of so-call swine flu have reached epidemic, much less pandemic stage.

An emergency declaration, according to news reports, is what the government would do in declaring one for a hurricane. "It means we can release funds and take other measures. The hurricane may not actually hit," according to Homeland Security Secretary Janet Napolitano at a news conference Sunday.

The CDC is working very closely with officials in states where human cases of swine influenza have been identified,

as well as with health officials in Mexico, Canada and the World Health Organization. This includes deploying staff domestically and internationally to provide guidance and technical support.

Below is information to help you identify swine flu symptoms and take necessary pre-cautions to avoid contracting or spreading the virus. Our goal is to keep the campus community as healthy as possible.

If you have any flu-like symptoms contact or see a doctor for treatment and STAY HOME – for your own well being and the well being of others.

To avoid the spread of flu:

- o Cover your nose and mouth with a tissue when you cough or sneeze;
- o Wash your hands frequently with soap and water or with an alcohol-based hand cleaner;
- o Avoid touching your eyes, nose or mouth; and
- o Avoid close contact with sick people, including kissing, sharing eating utensils, or drinking from the same container.

Swine flu symptoms are the same as a regular flu and range from mild to severe

- o Fever;
- o Cough;
- o Sore throat;
- o Body aches;
- o Headache; and
- o Chills and fatigue.

According to the CDC symptoms of swine flu in people may also include lethargy, loss of appetite and coughing. Some people with swine flu also have reported runny nose, sore throat, nausea, vomiting and diarrhea.

Seek immediate medical care if you have:

- o Difficulty breathing or shortness of breath;
- o Pain or pressure in the chest or abdomen;
- o Confusion; or
- o Severe or persistent vomiting.

Emergency and After Hours Care Resources

Cal Poly Health Center <http://www.calpoly.edu/~hps/>

After Hours Care Referral Page <http://www.calpoly.edu/~hps/afterhours.html>

Sierra Vista Regional Medical Center <http://www.sierravistaregional.com/CWSContent/sierravistaregional>

French Hospital <http://www.frenchmedicalcenter.org/index.htm>

For extensive information about swine flu, visit [http://www.cdc.gov/swineflu/key\\_facts.htm](http://www.cdc.gov/swineflu/key_facts.htm) or [http://www.cdc.gov/swineflu/swineflu\\_you.htm](http://www.cdc.gov/swineflu/swineflu_you.htm)