

Swine Flu Information

Portland State University officials are actively monitoring the recent outbreak of swine influenza. This outbreak initially occurred in Mexico, but there are a number of cases now reported in the United States and Canada. Currently, there are no cases reported in Oregon and there is no immediate impact to Portland State. For more information please read the following information and visit Student Health and Counseling's website www.shac.pdx.edu for updates.

WHAT ARE THE SYMPTOMS OF SWINE FLU AND WHAT SHOULD I DO IF I THINK I HAVE IT?

Swine flu is a highly contagious respiratory disease characterized by high fever, cough, sneezing, sore throat, aching joints, nasal congestion and general fatigue. Some people are reporting nausea, vomiting, and diarrhea. Individuals feel very ill.

If you have such symptoms, especially if you have recently traveled to Mexico or one of the states reporting cases, you should see your doctor, but otherwise, you should try not to go out to avoid exposing others to your illness. If you are a student, we would like to see you in the Student Health Service for diagnosis and treatment (503) 725-2800. Faculty and Staff should contact their primary care physician.

HOW DO I KEEP FROM GETTING SWINE FLU?

Swine flu, like other influenza, is spread from person to person by exposure to respiratory droplets (i.e. cough or sneeze) from infected people. Usually this occurs when uninfected persons are in the direct vicinity of an infected person who is sneezing and coughing. People can also become infected by touching something with the flu virus on it and then touching their nose, mouth, or eyes. To avoid getting or transmitting the swine flu, follow standard precautionary practices, which are:

- **Cover your nose and mouth with a 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 hands cleaners are also effective.**
- **Avoid touching your eyes, nose or mouth. Germs spread that way.**
- **If you are ill, stay home away from others**

CAN IT BE TREATED?

There is reason to believe that several antiviral medications can be helpful in mitigating the severity of the swine flu. You need to see the doctor for a prescription. Again, if you think you have the flu, call the Student Health and Counseling Center at (503)725-2800.

For more information, see:

- <http://cdc.gov/swineflu/>
- <http://www.org.gov/DHS/news/2009-0424.pdf>
- <http://www.mchealth.org/>
- <http://www.flu.oregon.gov/>