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# What is all the concern about H1N1?

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## Update:

The H1N1 vaccine clinic scheduled for Wednesday, November 18 has been canceled. The next vaccine clinic is scheduled for Thursday, November 19 from 10 a.m. to 4 p.m. in theWellness & Recreation Center. In addition to students, faculty and staff who have chronic health conditions may receive the vaccine.

**Vaccine clinics**

- Tuesday, 11/17, 10 a.m. to 4 p.m. Wellness & Recreation Center
- Wednesday, 11/18, 10 a.m. to 4 p.m. EH Building***CANCELED***
- Thursday, 11/19, 10 a.m. to 4 p.m.Wellness & Recreation Center

This vaccine is especially important for people who have chronic conditions such as asthma and other respiratory disorders, diabetes, heart disease, as well as women who are pregnant. For more information, call the StudentHealthCenter at 857-6393.

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Although the H1N1 virus has been a big story in the media lately, some people may not have paid close attention to the articles and news broadcasts concerning this illness. However, like everyone in the country, DSU community member should be informed about the sickness origins, the symptoms and the preventive actions that can be taken to stay healthy. For information about the origins of H1N1, visit Center for Disease Control website at www.cdc.gov/h1n1flu/ [1]. According to the CDC, symptoms for H1N flu are similar to the symptoms of seasonal flu in humans and may include:

- Fever, greater than 100 degrees F
- Sore throat
- Cough
- Stuffy nose
- Chills
- Headache and body aches
- Fatigue

To prevent the spread of H1N1 flu, the CDC suggests:

- Avoid contact with ill people.
- When you cough or sneeze, cover your nose and mouth with a tissue or your sleeve (if you do not have a tissue). Throw used tissues in a trash can.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- If you think you are ill with flu, avoid close contact with others as much as possible. Stay at home. Seek medical care if you are severely ill, such as having trouble breathing. Do

not go to work, school, or travel while ill.

It is also important to note that H1N1 influenza viruses are not spread by food. Students who believe they may have contracted the virus or have flu-like symptoms or other concerns should call the Student Health Center at ext.6393. Faculty and staff with similar concerns should contact their medical provider. Additional information is available at the CDC Web site: www.cdc.gov/h1n1flu/ [1].

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**Source URL:** http://desu.edu/news/what-all-concern-about-h1n1

**Links:**
[1] http://www.cdc.gov/h1n1flu/