



Center for Health & Counseling

# CAMPUS HEALTH BULLETIN

**Date of Alert:** April 27, 2009

## **What's Going On? SWINE FLU**

Several human cases of swine influenza (H1N1) have been identified in the United States. The current virus (H1N1) is one of four main influenza type A virus subtypes that have been found in pigs. H1N1 was first detected in the 1930s and generally there have been one or two CDC-confirmed cases of swine flu every few years, however, the CDC has seen 12 confirmed cases within the last 4 years. As of today there are 20 confirmed cases in the United States. At this time there are NO cases reported in Nebraska.

## **When did it start?**

On Saturday (April 25, 2009), the Centers for Disease and Control (CDC) issued an official Health Advisory regarding Swine Flu. On Sunday (April 26, 2009), the Department of Health and Human Services declared a public health emergency in the United States. Both of these moves are part of **normal operating procedures** to assign resources and proactively alert the American people.

The current outbreak appears to be concentrated on human to human transmission. The CDC and other agencies are still investigating this to determine the extent of the outbreak, however, Mexico appears to be the center of this outbreak.

## **What should I do?**

Standard precautions include frequent hand washing and/or use of alcohol gel, covering mouth and nose when coughing or sneezing, and getting adequate rest and nutrition.

Swine Flu symptoms include, but are not limited to fever, coughing, headache, lethargy, body aches, nausea, vomiting, or sore throat. If you experience these symptoms, Faculty and Staff are advised to contact their family physician. Creighton Students can contact the Center for Health & Counseling on the first floor of the Harper Center or their family physician.

An update will be made when more information is available.

More information is also available at the following link: <http://www.cdc.gov/swineflu>

**For information, please contact:**

### **Center for Health & Counseling**

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SOURCES: Centers for Disease Control and Prevention, Department of Health & Human Services, Creighton's Division of Infectious Diseases, and the Creighton Center for Health and Counseling.