



NOTICE:

Swine Flu Updates

The staff at the University Center of Greenville (UCG) will remain in contact with its member universities for updates on recommendations for UCG students. Please check your campus website for further information. The Center for Disease Control has provided the following guidelines. No vaccine is available for H1N1 as of yet, so limiting your exposure is your best defense.

Take these everyday steps to protect your health:

- 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, and before eating.
- Use of alcohol-based hand cleaners is also effective.
- Avoid touching your eyes, nose or mouth with unclean hands. Germs spread this way.
- Try to avoid close contact with sick people.

Symptoms of influenza include:

- Fever
- Cough
- Sore throat
- Body aches
- Headache
- Chills
- Fatigue

The Center for Disease Control (CDC) recommends “if you become sick with a fever plus a cough and sore throat or have trouble breathing, seek medical care right away and limit contact with others to decrease the spread of infection.” Seeking prompt medical attention when exhibiting these symptoms will be helpful in decreasing the spread of the virus.

This virus is potentially dangerous because it is new to the human population and we have no immunity to it (the seasonal flu vaccine does not seem to provide any protection against this virus). Although it is way too early to predict the course of this new flu, *it seems that with prompt medical attention*, we can minimize the impact of this outbreak.

You can monitor the situation at <http://www.pandemicflu.gov/> and <http://www.scdhec.gov/flu/swine-flu.htm>.