

Statement from Shari T Shapleigh, FNP regarding Pandemic (H1N1) 2009 flu, September 4, 2009

Pandemic (H1N1) 2009 flu

Know the Risks:

Flu-like illness is on our campus as well as other campuses in our community. Although most individuals who become ill can manage symptoms at home, the flu can cause severe illness in those persons who are at risk for complications. Those persons who are at risk include:

pregnant women

people of any age with certain chronic medical conditions:

- heart, lung, liver, or kidney disease
- asthma
- diabetes
- immune-suppression

adults 65 years and older

children younger than five years old

Individuals who are at risk for complications should consult with their health care provider for advice if symptoms develop or exposure to another with flu-like illness occurs.

Know what to do:

To decrease the risk of exposure to others, those with flu-like symptoms need to self isolate at home (or in their bedrooms in their apartments) until symptom free for 24 hours without the use of medication.

The flu can develop quickly, so be prepared. Keep fluids for hydration (water, broth , tea), Tylenol or ibuprofen for fever and body aches, and comfort foods on hand.

Get vaccinated:

Although Pandemic (H1N1) 2009 vaccine is not available yet, seasonal flu vaccine is. Seasonal flu vaccine is available free of charge to all students, faculty and staff in the TC3 Student Health Center.

Keep informed:

Education regarding the pandemic (H1N1) 2009 flu can be found on the TC3 website. The following link from Cornell's Gannett Health Center is an excellent source of information.

<http://www.gannett.cornell.edu/campushealth/Influenza/care.html>

Questions about the flu?

Call TC3 Health Services : 844-8222 ext 4487

Shari T Shapleigh, FNP
Director of Health Services
Tompkins Cortland Community College
170 North Street
Dryden, NY 13053
607-844-8222x4208
607-844-6533 (fax)