

May 6, 2009

Allan Hancock College is committed to keeping the college community informed about the H1N1 (swine) flu virus as it relates to our campus. This is a follow-up to information provided previously.

**Currently, we are not aware of any suspected cases of H1N1 flu involving either students or staff at any Allan Hancock College location. Classes and college operations are continuing as usual.**

Diane Glaser, the college's health services coordinator, is in daily contact with the Santa Barbara County Public Health Department, and she is monitoring updates and reports from both the Centers for Disease Control (CDC) and the National Institutes of Health (NIH).

At this time, the college continues to follow the recommendations of the Santa Barbara County Public Health Department. Below is a news release from that department confirming that there are no cases of H1N1 flu in the county and discussing current protocol. (For size reasons, the news release has been reformatted to allow inclusion in this email message.) Read the same release in Spanish by clicking here.

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**PUBLIC HEALTH DEPARTMENT**  
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## **P R E S S R E L E A S E**

**May 5, 2009**  
FOR IMMEDIATE RELEASE

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### **Tuesday, May 5 - H1 N1 (Swine) Flu Update**

At this time, there are currently no cases of H1 N1 flu in Santa Barbara County. The Center for Disease Control reported that there are 403 confirmed cases nationally as of 11:00 a.m. today ET.

Health officials report that this flu appears to be not unlike mild seasonal flu that we experience every winter. People are encouraged to respond to it with the same degree of caution as they would during normal flu season.

In concert with a better understanding of the illness in this country, the Center for Disease Control and Prevention (CDC) has modified its policy related to school dismissals. CDC now recommends implementation of measures that focus on keeping all student, faculty and staff with symptoms of influenza out of schools and childcare facilities during their period of illness and recuperation, when they are potentially infectious to others. **School closure is not advised for a suspected or confirmed case of novel influenza H1N1 and in general, not advised unless there is a magnitude of faculty or student absenteeism.**

Many residents of Santa Barbara County are worried about getting ill and wondering what to do if they get sick with flu-like symptoms (e.g. fever, cough, sore throat, body aches, headache chills and fatigue). If an individual has these symptoms, they are advised to stay home.

### **Caring for People with Flu-like Illness At Home**

When caring for a person at home, consider the ways in which the virus spreads. The main way that the flu virus spreads from person to person is through respiratory droplets of coughs or sneezes. Flu viruses may also spread when a person touches respiratory droplets on another person or an object and then touches their own nose or mouth.

People with flu who are cared for at home should:

- Check with their health care provider about any special care
- Get plenty of rest
- Drink liquids
- Cover coughs and sneezes
- Avoid close contact with others
- Be watchful for emergency warning signs (see below)

If an ill person at home appears to be getting sicker, it is best to contact their health provider for guidance. Emergency medical care should be sought with any of the warning signs listed below.

### **When to Seek Emergency Medical Care**

Get medical care right away if the sick person at home:

- Has difficulty breathing or chest pain
- Has purple or blue discoloration
- Is vomiting and unable to keep liquids down
- Has signs of dehydration such as dizziness when standing or an absence of urination
- Has seizures
- Is less responsive than normal or becomes confused

### **Antiviral medications**

Antiviral drugs are prescription medicines (pills, liquid or an inhaler) that fight against the flu by keeping flu viruses from reproducing in the body. Antiviral drugs can make the illness milder and may make patients feel better a little faster. Most people will get over the flu without treatment.

Antiviral medications are available in limited supplies. Most individuals who are ill with the swine and influenza have a mild case. The antiviral medications are being prescribed for primarily for those who are severely ill with the flu, have special conditions and those who are hospitalized.

### **For Additional Information**

For more information on swine flu and flu prevention tips, go to Public Health Department website at [www.sbcphd.org](http://www.sbcphd.org), the CDC website at [www.cdc.gov](http://www.cdc.gov), or the California Department of Public Health website at [www.cdph.ca.gov](http://www.cdph.ca.gov). California has also established a telephone hotline at 888-865-0564.

It remains important that each of us take necessary precautions to prevent the potential spread of infection, so as a reminder, we urge you to read the FAQs contained in the April 30 email message, which is attached.

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