

## **National Dong Hwa University H1N1 Flu (Swine Flu) Notice**

	Shoufeng Campus	Meilun Campus
Division of Health Services	(03) 863-2252	(03) 824-2121

As a new semester begins, students are coming back to school from different areas around the country. For now, it is important to protect yourself from H1N1 flu the same way you protect yourself from regular seasonal flu.

Please read this page and consider your symptoms carefully before using the NDHU Flu Service Number mentioned above.

### **The typical symptoms of H1N1 Flu:**

- a sudden fever (a high body temperature of 38°C/100.4°F or above), and
- a sudden cough.

### **Other symptoms may include:**

- headache,
- tiredness,
- chills,
- aching muscles,
- limb or joint pain,
- diarrhea or stomach upset,
- sore throat,
- runny nose,
- sneezing, or
- loss of appetite.

So far, most H1N1 flu cases have been mild, with symptoms similar to those of seasonal flu. Only a small number of people have had more serious symptoms. If you or a member of your family has any of the following symptoms and a temperature of 38°C or above, you may have swine flu. Cases have been confirmed in all age groups, but children and younger people seem much more likely to be affected.

### **What should I do if I think I'm infected?**

If you get sick or have flu-like symptoms and are concerned that you may have swine flu, please following the instructions below.

- Wear a facemask and go to hospital.
- Stay at home from work or school and limit contact with other people. Do not return until you've had a full 24 hours of normal health and no fever.

Phone Division of Health Service (03) 863-2252 or (03) 824-2121if:

- you are diagnosed with H1N1 flu.
- your condition suddenly gets much worse.

### **What can I do to prevent or spread the flu?**

You can reduce, but not get rid of, the risk of catching or spreading swine flu by:

- cough and sneeze into your sleeve. If using a tissue, cover your mouth and nose and throw away the tissue, then wash your hands.
- wash your hands often with soap and water. Alcohol-based hand cleaners are also effective. Like seasonal flu, the H1N1 virus can live for a few hours on surfaces.
- cleaning hard surfaces, such as door handles, often and thoroughly using a normal cleaning product.
- wearing facemasks either to avoid spreading illness or to protect them from pollution.

### **The advice for travelers**

Before travelling, check the [Taiwan Centers for Disease Control \(CDC\)](#) website for information specific to the country you are visiting.

If you become ill on your flight home, alert the cabin crew to your symptoms. There are procedures in place for dealing with passengers who become unwell on flights, and the airline will advise port health officials on the ground that a passenger requires a health assessment and may need treatment.

Phone Division of Health Service (03) 863-2252 if you came back from an alert country and have flu-like symptoms after the travelling.

### **More H1N1 Flu Information**

Taiwan Centers for Disease Control (CDC) <http://www.cdc.gov.tw/mp.asp?mp=5>

H1N1 Flu Questions at Flu.gov <http://www.pandemicflu.gov/faq/swineflu/index.html>