

**H1N1 Swine Flu Update October 5, 2009**  
**From: Health Services Medical Director**

There have been a small number of confirmed cases of H1N1 “Swine Flu” among URI students.

Please be aware that there is no readily available “rapid test” for the H1N1 “Swine Flu.” The rapid test often offered by emergency facilities and doctors offices does not test specifically for nor is it an accurate tool to detect the H1N1 “Swine Flu.” Health Services at the University of Rhode Island sends three samples per week to the Rhode Island Department of Health as participants in the sentinel provider surveillance program of the Centers for Disease Control and Prevention (CDC). These results are returned to us 2-3 days after they are obtained. We are not routinely testing students for the H1N1 “Swine Flu.”

There is no specific treatment recommended by the CDC for most otherwise healthy people who become ill with the H1N1 “Swine Flu.” Likewise The CDC and the Rhode Island Department of Health has recommended that anti viral medications such as Tamiflu and Relenza be prescribed only for those individuals at high risk of developing severe illness or complications related to the H1N1 “Swine Flu.” You can read more at the following web site about whether or not you should see a medical provider or receive treatment: <http://cdc.gov/h1n1flu/sick.htm>.

Please view that web site for advice regarding what to do if you believe you have become ill with the H1N1 “Swine Flu.” Please self isolate until it has been 24 hours after the resolution of fever. Do not attend class or other activities that will put you in contact with others. You can speak with your Resident Assistant about how you can obtain food and beverages. Also, be certain to notify your instructors that you will be absent because you are ill.

We remind you all to 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. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, [CDC recommends that you stay home for at least 24 hours after your fever is gone](#) except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Keep away from others as much as possible to keep from making others sick.