



H1N1 IMPORTANT INFORMATION!!!!

Question: How will I know I have H1N1?

Answer: Most individuals with H1N1 have ANY combination of the following symptoms:

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

Question: When should I call the health office?

Answer: If you have the above symptoms AND:

- An underlying medical condition such as: diabetes, heart disease, asthma, and/or kidney disease.
- Fast/trouble breathing, trouble drinking enough fluids, persistent vomiting, difficulty waking up and/or staying awake or a fever that has not resolved after 72 hours from onset of illness.
- If you are uncertain or scared.

Question: What should I do if I think I have the H1N1 virus?

Answer: If you think you have the H1N1 virus:

- Have a plan to recuperate at home with your parents, if possible.
- Stay home from class, work or any other campus activities until your fever has resolved for at least 24 hours.
- Take acetaminophen or ibuprofen for body aches and fever.
- Drink plenty of fluids.
- Get plenty of rest.
- If you need to stay on campus and you need to leave your room for any reason, please wear a mask which will be given to you by your RA.
- Communicate with your professor to obtain any missed assignments.
- Watch the Le Moyne website for updates regarding other specific instructions.