

Iowa is currently experiencing widespread incidents of influenza-like illness. Wartburg College, in partnership with Noah Campus Health Clinic, is closely monitoring the situation. Two Wartburg students were diagnosed with confirmed cases of H1N1 flu. In addition, more than 10 students are assumed to have H1N1 flu, and a significant percentage of patients at Noah Campus Health Clinic are arriving with flu-like symptoms. Wartburg students, faculty and staff should review the following information and be prepared to respond accordingly.

The symptoms of 2009 H1N1 flu virus include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may have vomiting and diarrhea. People may be infected with the flu and have respiratory symptoms without a fever.

Most people who get the flu – seasonal or H1N1 – will recover without serious complications. Wartburg students who are exhibiting symptoms of the flu should return to their rooms or their homes as soon as possible to avoid possibly infecting others. They should then log onto wartburg.edu/health and fill out the form linked on that site. Residential Life is monitoring responses to the form and will contact those students with further instructions.

Students also immediately should call Noah Campus Health Clinic at 319-352-8436 for a consultation regarding their symptoms and to determine next steps. Treatment with antibiotics and antiviral medications is generally not needed and will not be prescribed unless necessary. The clinic will continue to test for influenza through rapid testing, a test that can be completed in the clinic. At the request of the University of Iowa Hygienic Lab, patients with flu like symptoms will only be tested for the specific H1N1 subtype of influenza when the patient is hospitalized.

Students are strongly encouraged to return to their off-campus homes for the duration of their symptoms (as is suggested by the national Centers for Disease Control). If the move is not feasible, the Residential Life Office will be working with those students and their roommates.

There's no place like home when you have the flu.

- Doctors say home is the best place to recover from the flu.
- Take over-the-counter medication for symptom relief and as needed for fever and pain.
- Drink clear fluids (water, broth, sports drinks).
- Stay home for at least 24 hours after fever is gone (without the use of fever reducing medications).
- Wash your hands frequently!

Seek emergency medical care if you experience any of the following:

- Trouble breathing or shortness of breath
- Severe pain or pressure in chest or stomach
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms that improve but then return with fever and worse cough

It is also important to continue practicing infection prevention measures. 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.

More information on 2009 H1N1 can be found at www.idph.state.ia.us/h1n1. You can also contact Noah Campus Health Clinic with any questions or concerns.

Thank you for doing your part to keep Wartburg healthy.

Megan McMillin, physician assistant
Noah Campus Health Clinic