

ECC Student Health Services
Fall 2009
Seasonal and H1N1 Influenza

There are many questions and concerns regarding the Swine Flu (H1N1). ECC Student Health Services is working closely with the Los Angeles Public Health Department to provide the following information and guidelines.

Seasonal Flu Vaccines are on order and are expected to arrive the week of 8/31/09.

Swine Flu Vaccine (H1N1) is not currently available. Expected arrival is October 09.

The health center will have a limited supply of vaccine which will require 2 injections approximately 4 weeks apart. ECC Student Health Services will follow CDC Recommendations and guidelines for eligibility.

The ECC Health Center Website and the ECC Portal Website will be updated when vaccines become available.

If you develop Influenza Like Illness, ILI (fever, cough, sore throat, runny nose, body aches, nausea, vomiting or diarrhea), contact your doctor.

Students on campus may contact the Student Health Services.

The ECC Student Health Services will ***not be*** conducting any Influenza testing.

H1N1 (Swine Flu) and Seasonal Flu are very similar in symptoms and treatment, therefore if you experience any influenza like illness stay at home, drink plenty of fluids, and rest.

At this time, we continue to recommend taking the following precautions:

- Wash hands often with soap and water, or use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, or mouth. Germs spread that way.
- Women who are pregnant or have a chronic health condition such as diabetes, heart disease, asthma or emphysema should check with their health care provider about any special care they might need.
- Cover your coughs and sneezes (cough or sneeze into an arm or shoulder or into a tissue). Seek medical care for severe respiratory symptoms such as difficulty breathing or for dehydration from vomiting and/or diarrhea. You may also need to seek early medical attention if you have a chronic health condition that puts you at risk for the complications of influenza.
- Keep your distance from people who are coughing.
- Avoid sharing personal items such as eating/drinking utensils, toothbrushes, and towels, especially with ill persons.
- Stay home if you have influenza like illness (fever, cough, sore throat, runny nose, body aches, nausea, vomiting, or diarrhea) to avoid infecting others.

The situation is developing quickly, so it is best to monitor the World Health Organization and CDC's web sites for the most up-to-date information and travel advisories. The El Camino College website will also provide information. We have compiled links to important web sites and other useful information.

<http://www.who.int/csr/disease/swineflu/en/index.html>

http://www.cdc.gov/swineflu/general_info.htm