



# Health Services

740-245-7350 • Information Sheet

## We are here to help!

Student Health Services is not only here when you are ill or injured, we also help you attain and maintain your own health and well-being. We provide health care information as well as medical care services for illnesses and injuries.

We are ready to assist you in identifying areas of potential self-improvement which could lead to higher levels of physical, emotional, and spiritual well being. Attaining increased understanding of yourself and maintaining high-level wellness is an important aspect of your education here at Rio.

We hope that you feel free to take advantage of this important part of your life. Health Services are available to all students free of charge!



### Student Health Services

Rhodes Student Center 119 • 740-245-7350

*Dot Neutzling*

Director

E-mail: dotn@rio.edu

**Hours of Operation: M-F, 8-5**

## The following is a health informational guide:

### What is H1N1 Influenza (Swine Flu)?

H1N1 flu is a respiratory disease of pigs caused by type A influenza viruses that causes regular outbreaks in pigs. People do not normally get Swine Flu, but human infections can and do happen. Swine flu viruses have been reported to spread from person-to-person, but in the past, this transmission was limited and not sustained beyond three people. On June 11, 2009 the World Health Organization announced the worldwide pandemic to a level six in response to the global spread.

### What are the signs and symptoms of H1N1 Flu in people?

The symptoms in people are similar to the symptoms of regular human flu and include:

- FEVER GREATER THAN 100 DEGREES
- cough
- sore throat
- body aches
- headache
- chills and fatigue
- respiratory congestion
- some people have reported diarrhea and vomiting associated with this virus.

### If you have the above symptoms:

Contact the University of Rio Grande Student Health Center at **245-7350** with questions. Not all people with suspected flu need to be seen by a health care professional. Patients with severe illness and those at risk of complications include:

- children less than 5 years
- persons greater than 65 years
- pregnant women
- individuals with chronic medical conditions such as lung, heart, metabolic, or neuromuscular disorders and those who are immunosuppressed by medications or HIV

### How do I protect myself and my family from getting the flu?

**To prevent the spread of the flu, be sure to:**

- **WASH YOUR HANDS OFTEN WITH SOAP AND WATER FOR AT LEAST 15 SECONDS.** You may also use alcohol hand sanitizer to clean your hands.
- **AVOID TOUCHING YOUR NOSE, EYES, AND MOUTH.** The flu is often spread this way.
- **COVER YOUR MOUTH AND NOSE WITH A TISSUE WHEN YOU COUGH OR SNEEZE.** Throw the tissue away and wash your hands. If you do not have a tissue, **COUGH OR SNEEZE INTO THE BEND ON YOUR ARM.**
- **CLEAN SURFACES** such as countertops, sinks, faucets, doorknobs, telephones and light switches with a disinfectant cleaner or a cleaner with bleach.
- **LIMIT YOUR CONTACT WITH THOSE WHO ARE ILL.**
- **AVOID SHAKING HANDS** if you are ill or with others who are ill.
- **STAY AWAY FROM OTHERS WHEN YOU ARE SICK.** Stay home from work, school or running errands.
- Avoid public transportation such as shuttles, buses, planes, or trains when you are sick.
- Get a full night's rest, maintain a healthy diet and drink at least 8 glasses of liquid each day.
- If you have a **WEAKENED IMMUNE SYSTEM** because of illness, surgery, chemotherapy or other treatments, avoid public places to limit contact with others.

### Where can I find more information?

- CDC website, <http://www.cdc.gov/swineflu>
- The Ohio Department of Health has a hotline number 1-866-800-1404. You can call with questions about the flu between 8:00 a.m. and 5:00 p.m. each day.
- The Centers for Disease Control and Prevention (CDC) hotline number is: 1-800-CDC-INFO available in English and Spanish, 24 hours a day, 7 days a week.