Message for Hawks Landing Residents regarding H1N1 (swine) Flu

Hawks Landing and Hillsborough Community College want to provide you with important information regarding the H1N1 flu. We are in contact with the Hillsborough County Health Department and are following guidelines for universities and colleges issued by the Centers for Disease Control (CDC). Although every year many people get the regular flu, the H1N1 virus seems to affect more college-aged individuals. So far, the H1N1 cases have generally been milder than the traditional flu. However, as a community we must take every precaution to protect you and to prevent the spread of the virus should a resident become ill.

**Flu Symptoms**

Symptoms of flu include fever greater than 100 degrees or chills and cough or sore throat. In addition, symptoms of flu can include runny nose, body aches, headache, tiredness, diarrhea, or vomiting.

This flu takes 48 to 72 hours to run its course.

**Take Precautions**

The best prevention is good hygiene. Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people. Take everyday actions to stay healthy.

- 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, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Avoid close contact (i.e. being within about 6 feet) with persons with flu–like symptoms.

**If you get the Flu**

First, please report to Hawks Landing management if you think you have the flu. Please call the Management Office at 875-6000. We want to provide as much support as possible.

- You must not attend class if you get the flu, and you should avoid contact with others as much as possible.
- If you have friends or family in the immediate area that you can stay with while you are ill, please do so. Do not take public transportation to travel.
- If you do not have an alternate place to stay, please isolate yourself in your room as much as possible. We will assist you in notifying your faculty and in getting class materials that you may miss.
- If necessary, we will arrange to bring you food if you do not have someone else to help you.
- You should stay isolated for at least 24 hours after the fever subsides.

We will provide you with more information as it becomes available. Thank you and have a Healthy Semester!