

Have Questions About the Flu?
Maine CDC Hotline: 1-888-257-0990
Maine CDC Email: flu.questions@maine.gov

Updates – December 16, 2009

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H1N1 VACCINE CLINIC ON CAMPUS

Due to a recent large increase in H1N1 vaccine supply in the State, the Maine CDC is now recommending that H1N1 vaccine be offered to anyone who wishes to receive it. **Officials have informed the College that they should be able to host a vaccine clinic here in January (after the semester begins). We will notify the campus community as soon as this is scheduled.**

Though it appears that a recent surge of the H1N1 virus is now abating in the State, Maine CDC Director Dr. Dora Mills says it's expected to circulate for months, if not years, and could surge again. The flu is unpredictable with outbreaks often occurring in waves. Mills says vaccinations continue to be important for those in the high-risk groups: pregnant women, people ages 6 months through 24 years of age; people with underlying medical conditions who are 25 through 64 years of age; caregivers of young infants under 6 months; and all health care workers.

Please check this webpage for future updates.

INFORMATION FOR CMCC STUDENTS

We continue to receive fewer reports of students and employees out with the flu. Health officials have advised us that this is similar to what they are observing in other parts of the State. However, they emphasize that this may not continue and that all of us must continue taking precautions.

Commuter students who develop flu-like symptoms should not come to class. The CDC is recommending that individuals remain at home for at least 24 hours after they are free of fever, or signs of a fever, without the use of fever-reducing medicines.

****All students should contact their instructors by email at the onset of flu-like symptoms. ****

Residence hall students should also notify the residence life staff as soon as they develop flu-like symptoms. Students who develop flu-like symptoms should go home if they can do so safely. If they are unable to go home safely, the College will accommodate isolation. Roommates/suitemates of students who exhibit flu-like symptoms will be offered the opportunity to move to an alternative location until the immediate threat of infection has passed.

PREVENTION IS THE KEY!



The CDC's recommendations to reduce your risk of becoming infected:

- Cover coughs and sneezes with your sleeve or elbow.
- Avoid touching your eyes, nose and mouth.
- Wash hands frequently, especially after coughing or sneezing.

For more information, read the CDC's Web page, *What to Do If You Get Flu-Like Symptoms*.
<http://www.cdc.gov/h1n1flu/sick.htm>

IF YOU ARE SICK WITH FLU-LIKE SYMPTOMS:

Stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.)

Keep away from others as much as possible to keep from making others sick.

People at high risk for flu complications who become ill with flu-like symptoms should contact their doctor as soon as possible.

The Centers for Disease Control and Prevention (CDC) describes H1N1 flu symptoms as follows:

- | | |
|---------------|------------|
| • fever | • headache |
| • cough | • chills |
| • sore throat | • fatigue |
| • body aches | |

Some people have reported diarrhea and vomiting associated with swine flu. In the past, severe illness (pneumonia and respiratory failure) and deaths have been reported with H1N1 infection in people. Like seasonal flu, H1N1 may cause a worsening of underlying chronic medical conditions.

WHAT IS GUIDING OUR RESPONSE?

Central Maine Community College is dedicated to the safety of our students, employees, and visitors. The College continues to closely monitor the H1N1 (swine flu) outbreak, both locally and nationally. Staff members are regularly in contact with the Maine Center for Disease Control and Prevention and the Androscoggin Emergency Management Agency. The College is following the guidelines made by the Centers for Disease Control for institutions of higher education. This guidance includes:

- [Maine CDC Update on Novel H1N1](#)
- [CDC Guidance for Response to Influenza for Institutions of Higher Education during the 2009-2010 Academic Year](#)
- [H1N1 Preparations for Residential Schools](#)
- Federal Centers for Disease Control, H1N1 Resource Page
<http://www.cdc.gov/h1n1flu/>

For more information please contact:

Roger G. Philippon
Dean of Planning & Public Affairs
207-755-5357
rphilippon@cmcc.edu

This webpage will be updated periodically as events warrant.