



Novel H1N1 Influenza (Swine Flu)

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Novel H1N1 Influenza (Swine Flu)

Share this information with your parents.

What is H1N1 (Swine Flu or Novel H1N1)?

Novel H1N1 (aka "swine flu" or H1N1) is a new influenza virus that was first detected in people in the United States in April 2009.

The U.S. Centers for Disease Control and Prevention (CDC) is still learning about the severity of the virus. At this time, there is not enough information to predict how severe the outbreak will be in terms of illness and death or how it will compare with seasonal influenza.

Contagion

CDC has determined that the H1N1 virus is contagious and is spreading from human to human.

Like the seasonal flu, certain people may be at higher risk of severe illness, including persons with certain chronic medical conditions, persons ages 65 or older, children younger than 5 years old, and pregnant women.

People infected with seasonal and novel H1N1 flu shed virus and may be able to infect others from 1 day before getting sick to 5 to 7 days after. This can be longer in some people, especially children and people with weakened immune systems and in people infected with the new H1N1 virus. If you are in a high-risk group for complications from influenza, attempt to avoid close contact (within six feet) with others who are sick with influenza-like symptoms.

The overall risk of contracting a disease from an ill person onboard an airplane is similar to that in other confined areas with high occupant density, such as a bus, a subway, or movie theatre for a similar time of exposure; anywhere where a person is in close contact with others. The majority of modern, large, commercial aircrafts, which use a recirculation type of cabin air system, utilize HEPA filters. A small number of older aircraft types have filters with lower efficiencies.

The World Health Organization (WHO) is not recommending travel restrictions.

Symptoms

- Similar to the symptoms of the seasonal flu, which can include:
 - fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue
 - many people also have reported diarrhea and vomiting

Also, like the seasonal flu, severe illnesses and death have occurred as a result of illness associated with this virus.

Spread of the Virus

- It is thought to be happening in the same way that seasonal flu spreads:
 - Flu viruses are spread mainly from person to person through coughing or sneezing by people with influenza.
 - Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.

Before Your Trip

- CDC recommends that travelers at high risk for complications from any form of flu (e.g., immunosuppression or chronic pulmonary, cardiovascular, hepatic, hematological, neurologic, neuromuscular, or metabolic disorders, etc.) discuss their travel plans with their doctor. Together, they should look carefully at the situation in their destination and the available health care options in the area. They should discuss the specific health condition and possible increased risk of traveling to the area affected by H1N1 flu with their health practitioners.
- If you are traveling to an area where cases of H1N1 flu are being reported, the following recommendations will help you: 1) reduce your risk of infection (e.g., wash your hands often, stay away from sick people, etc.) and 2) stay healthy (e.g., get plenty of rest, eat balanced meals, drink water, etc.).
- EAP **strongly** encourages you to purchase trip cancelation/interruption insurance coverage if the EAP coverage is not sufficient. [Review your benefits here](#). Most of these policies cover cancelations due to weather, sudden illness or death, jury duty, and bankruptcy of airline before departure.

Prepare for Your Trip

- Stay informed. Check updates on the CDC and UOEAP websites.
- Be sure you are up-to-date on [routine vaccinations](#), including the seasonal influenza vaccine, when available.
- Find out about other health risks and travel recommendations for your destination.
- Pack a [travel health kit](#) with basic first aid and medical supplies.
- Identify health care resources in the area(s) you will be visiting.
- Read the [EAP Sickness and Accident insurance plan brochure](#).
- Purchase trip cancelation/interruption insurance coverage.

Check Your Own Health

- Do not travel if you are sick.
- If you have flu-like symptoms seven days before departure, contact your doctor. Check with your health care provider about any special care you might need, particularly if you have a chronic health condition. After seeing your doctor, contact the UOEAP Operations Specialist for your program if you will not arrive on time for the program. Stay home and avoid travel until at least 24 hours after you are free of fever (100° F [37.8°C]) or signs of a fever decrease without the use of fever-reducing medications. When the self-isolation period ends, continue to practice good respiratory etiquette and hand hygiene and avoid close contact with people you know to be at increased risk of influenza-related complications.

Upon Arrival

- Health authorities around the world are monitoring the situation as cases have been identified in many countries.
- The United States has the highest number of H1N1 confirmed and probable cases in the world, so flights from the United States arriving in other countries may be specifically targeted for

screening. You may be checked for fever and other symptoms of H1N1 flu, and your travel may be delayed. If you are picked up by a temperature scanning machine as displaying symptoms, do not be alarmed if you are quarantined until tests are carried out. For more information about possible H1N1 flu screening for international travelers, refer to the [CDC website](#).

- Some countries are using thermal scanners to monitor the temperature of all incoming passengers. If you have a fever or respiratory symptoms, have been sitting in the plane next to someone with flu-like symptoms, or are suspected of having H1N1 flu based on a screening, you may be asked to:
 - Be isolated from other people until you are well
 - Have a medical examination
 - Take a rapid flu test (which consists of a nasal swab sample)
 - Be hospitalized and given medical treatment, if you test positive for novel H1N1 flu
- If you experience symptoms following travel or 7 days after arrival, call the Study Center Director/staff or Liaison Officer immediately, seek medical attention if you have pre-existing chronic health condition and/or your condition suddenly gets much worse, and limit your contact with other people as much as possible. **Wear a facemask (N95 respirator preferred) when sharing common spaces with other people to help prevent spreading the virus to others.**
- **Follow local guidelines**
 - Pay attention to announcements from the local government, follow their instructions, and stay current with the local health and security situation.
 - If you are sick, you may be asked to wear a surgical mask to protect others or to stay in your home or a quarantine hotel to prevent the spread of the virus.
 - Follow any movement restrictions and prevention recommendations.

Prevention and Treatment

The best way to protect yourself is by following good hygiene practices:

- Currently, there is no [vaccine](#) available to protect against the H1N1 virus.
- There are simple, everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza.

Take These Everyday, Logical, Steps to Protect Your Health

1. Carry tissues with you at all times and cover your nose and mouth with a tissue when you cough or sneeze.
 - *Dispose of the tissue in the trash immediately after you use it.*
2. Hand washing is the single most important thing you can do to prevent the spread of a cold or flu virus
 - CDC recommends washing your hands, with soap and warm water, for 15-20 seconds each time.
3. Avoid touching your eyes, nose, and mouth to prevent the spread of germs.
4. In the absence of soap and water, alcohol-based hand sanitizers (containing at least 60 percent alcohol) are also effective.

- If using gel, rub your hands until the gel is dry. The gel does not need water to work; the alcohol in it kills the germs on your hands. Avoid close contact with sick people.
- 5. **Stay home if you are sick for at least 24 hours after you are free of fever (100° F [37.8° C]), or signs of a fever decrease without the use of fever-reducing medications.** When the self-isolation period ends, you should continue to practice good respiratory etiquette and hand hygiene and avoid close contact with people you know to be at increased risk of influenza-related complications.
- 6. **Antiviral medications** can sometimes help lessen influenza symptoms, but require a prescription. Most people do not need these antiviral drugs to fully recover from the flu. However, persons at higher risk for severe flu complications, or those with severe flu illness who require hospitalization, might benefit from antiviral medications. Ask a health care provider whether you need antiviral medication.

Other important actions that you can take are:

- Follow public health advice and avoid crowds.
- Be prepared in case you get sick and need to stay home for a week or so (if you have a fever, it can last two to four days); a supply of over-the-counter medicines, alcohol-based hand rubs, tissues, and other related items will be useful and will prevent making trips out in public while you are sick and contagious. In addition, an adequate supply of nutrition (healthy food, fluids, and water) should be easily accessible to you. If you must leave the home (for example, for medical care), wear a facemask/respirator and cover your nose and mouth when coughing or sneezing.

For More Information:

- [U.S. Centers for Disease Control and Prevention \(CDC\)](#)
- [CDC Recommendations for Facemask and Respirator Use](#)
- [International Air Travel Association](#)
- [Frequently asked questions about swine influenza and air travel. May 11, 2009 \[Full text\]](#)
- [University of California, Education Abroad Program](#)
- [U.S. Department of State \(DOS\)](#)
- [iJET International Intelligent Risk Systems Pandemic Influenza Advice Sheet - July 2009](#)

Revised: 11/23/09



UCEAP PARTNER INSTITUTIONS Response to H1N1 Influenza (Swine Flu)

December 7, 2009

This document presents the H1N1 planning status as of December 7, 2009. Check with your airline, consulate/embassy, and/or host institution for updated information.

Argentina

[Ministerio de Salud de la Nación](#)

Australia

The University of Melbourne and three other universities have formed a national consortium—backed by the National Health and Medical Research Council—of mathematicians, medical specialists, biologists, and infectious disease policymakers, whose work helped inform Australia’s pandemic plan.

[Preparing for pandemic influenza](#)

[New Pandemic Phase: PROTECT](#)

[University of Sydney Pandemic Planning Guide](#)

Barbados: No policies announced

Canada

[Public Health Agency of Canada](#)

[University of British Columbia H1N1 Updates](#)

Chile

[Ministerio de Salud](#)

China

[PKU](#)

[Fudan](#)

Costa Rica

[Universidad de Costa Rica](#)

Denmark

[University of Copenhagen](#)

Egypt:

[AUC](#)

France

[Gouvernement Français](#)

[Université Lyon 2](#) (La grippe A/H1N1)

Germany

According to information from the Robert Koch Institute (the federal infectious diseases institute), Germany's strategy is to vaccinate three groups of people first: health care workers, those with underlying health conditions, and pregnant women. However, the Robert Koch Institute has confirmed that anyone interested in receiving the H1N1 vaccination will be able to receive it.

[Robert-Koch-Institut zur Schweine-Influenza](#)

[Bundesministerium für Gesundheit](#)

General information on H1N1 in 11 languages: <http://www.neuegrippe.bund.de>

Ghana: No policies announced

Hong Kong

[CUHK](#)

[HKU](#)

[HKUST](#)

Hungary

[National Pandemic Preparedness Plan](#)

India

[Ministry of Health and Family Welfare](#)

Ireland

Department of Health and Children

[Influenza A \(H1N1\) Outbreak](#)

[University College Cork](#)

University College, Dublin

[Influenza A\(H1N1\)v Information](#)

[Advice for Students](#)

[UCD](#)

National University of Ireland, Galway

[Swine Flu/Meningitis Advice](#)

[Student Health Unit](#)

Trinity College Dublin

[Swine Flu Information](#)

Israel

[Rothberg International School-Hebrew University](#)

Italy

Nuova influenza A(H1N1): [Ministero del Lavoro, della Salute e delle Politiche Sociali](#)

Japan

Students should bring thermometers to monitor their body temperature during the first week after arrival in Japan.

[Ministry of Health, Labour, and Welfare](#)

Korea

[Announcement from Yonsei University](#)

Korea [Centers for Disease Control and Prevention](#) (English-language website)

[H1N1 influenza pages](#) (currently available in Korean only)

Mexico

[Secretaría de Salud](#)

Netherlands

[Maastricht University](#)

[Utrecht University](#)

New Zealand

[Ministry of Health](#)

Russia: No policies announced

Singapore

[NUS](#)

South Africa

UCT: [Health and Safety- Swine Flu](#)

UKZN: [Information about swine flu](#)

Spain

[APUNE \(Asociación de Programas Universitarios Norteamericanos en España\)](#)

Información sobre la gripe A (H1N1): [Ministerio de Salud y de Consumo](#)

Universidad Autónoma de Barcelona

[Universidad Autónoma de Barcelona](#)

[Información Sobre la Nueva Gripe](#)

[Boletín](#)

Sweden

[Lund University](#)

Taiwan

[NTU: H1N1 Information](#)

H1N1 Vaccinations available for staff and students at NTU who are 25 years old or younger, vaccinations will begin on the 1st of December at [approved medical centers](#) outside campus (see website for list of centers). Make sure you reserve via telephone and ask if there are enough vaccines available.

[CDC Taiwan](#)

Thailand

[Bureau of Emerging Infectious Diseases](#)

TU: During TU's orientation, an instructor from Thammasat Chalerm Prakiat Hospital will conduct a 15-minute presentation about H1N1 influenza prevention.

Turkey

METU [Statement](#)

United Kingdom

Anyone showing signs of swine flu can call the National Pandemic Flu Service on 0800 1 513 513 or go to their [website](#).

[UK Health Protection Agency](#)

[Durham University](#)

[University of Edinburgh](#)

[University of Glasgow](#)

[Imperial College](#)

[King's College](#)

Leeds University

[Health Advice](#)

[Staff and Student Information](#)

[Royal Holloway – University of London](#)

[University of Bristol](#)

[University of East Anglia](#)

[University of Kent](#)

[University of St Andrews](#)

[University of York](#)

[Warwick University](#)

Vietnam

Temperature and health history is checked at immigration.

[Ministry of Health](#)

Additional Resources

CDC H1N1 Flu (Swine Flu)

[Novel H1N1 \(Swine Flu\)](#)

ECDC (European Centre for Disease Prevention and Control)

[Swine influenza A\(H1N1\)](#)

Health Protection Agency (UK)

[Swine Influenza \(Influenza A H1N1v\)](#)

International Air Travel Association, [Health and Safety for Passenger and Crew](#)

Frequently asked questions: swine influenza and air travel, May 11, 2009 [\[Full text\]](#)

WHO

[Pandemic \(H1N1\) 2009](#)

12/7/2009



H1N1 Vaccine Information

Source: CDC and European Union

December 7, 2009

This season there are two vaccines: 1) the seasonal flu vaccine to protect against seasonal flu viruses and 2) the 2009 H1N1 vaccine to protect against the 2009 H1N1 influenza virus (swine flu). The 2009 H1N1 vaccine will not protect against seasonal influenza viruses.

About two weeks after vaccination, antibodies that provide protection against 2009 H1N1 influenza virus infection will develop in the body.

The CDC Advisory Committee on Immunization Practices (ACIP) has recommended that certain groups of the population receive the 2009 H1N1 vaccine when it first becomes available. The initial target groups are:

- pregnant women
- people who live with or provide care for infants younger than 6 months old (e.g., parents, siblings, and day care providers)
- health care and emergency medical services personnel
- people 6 months through 24 years of age (especially those with higher risk for influenza-related complications like children younger than 5 years and those who have high risk medical conditions)
- people 25 years through 64 years of age who have certain medical conditions that put them at higher risk for influenza-related complications

Due to legal restrictions and a lack of sufficient resources, the U.S. Department of State is not in a position to provide private American citizens traveling or living abroad with supplies, H1N1 vaccines, medications, or medical treatment during a pandemic. U.S. Government assistance to private American citizens who reside abroad is limited, but includes communicating with family and friends on an individual's behalf, monitoring quarantine/detention conditions as permitted by local health authorities, arranging for transfers of funds or granting temporary subsistence loans, and providing information regarding the availability of medical care (to be paid for by the individual). Private American citizens should be aware that the U.S. Government cannot demand their immediate release if they have been detained or quarantined abroad in accordance with public health and legal authorities.

EUROPE

Vaccines are approved by the European Medicines Agency (EMA), which authorizes vaccines and medicines in all European Union member states. More information on the European H1N1 vaccine can be found on the [EMA website](#).



H1N1 Frequently Asked Questions

<p>I am planning to study abroad this fall. Will H1N1 be a problem in my EAP country?</p>	<p>Updated online information is available at, http://www.who.int/csr/disease/swineflu/updates/en/index.html</p>
<p>Will I have delays at the airport, upon arrival?</p>	<p>Please read, http://www.eap.ucop.edu/pub/forms/1011/H1N1_information.pdf</p>
<p>How do I find out about my EAP host institution protocols?</p>	<p>Please visit, http://www.eap.ucop.edu/pub/forms/1011/H1N1_information.pdf</p>
<p>When will the H1N1 flu shot be distributed to students?</p>	<p>In the U.S., the H1N1 vaccine will be distributed by the federal government (Federal Emergency Management Agency, FEMA) through state health departments. No one knows yet when the vaccine will be available, but we expect it will not be before mid-October. We will publish updates to this information as we learn more about vaccine availability.</p>
<p>How can a person, who wishes to be vaccinated against H1N1, receive the vaccine while abroad?</p>	<p>Once the first doses of H1N1 vaccine become available, national health authorities will decide how to implement national vaccination campaigns. However, there is some possibility that initially the vaccine will be available in limited quantities so it is important to check with local health agencies abroad. U.S. embassies, consulates and military facilities lack the legal authority, capability, and resources to dispense medications, vaccines or medical care to private American citizens overseas. Students, faculty, and staff, will need to rely on local health care providers and locally-available medications since U.S. government facilities will not be able to provide medications or facilitate treatment for anyone.</p>
<p>Should I limit my travel?</p>	<p>The World Health Organization (WHO) and the U.S. Centers for Disease Control and Prevention (CDC) do not recommend restricting international travel. As usual it is considered prudent for people who are ill to delay international travel and for people developing symptoms following international travel to seek medical attention.</p>

How can I stay healthy and keep from spreading the flu?

You need to remember four important ways to stay healthy and keep from getting sick with flu or spreading the flu. You can:

1. **Practice good hand hygiene**
Wash your hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.
2. **Practice respiratory etiquette**
The main way flu spreads is from person to person in droplets produced by coughs and sneezes, so it's important to cover your mouth and nose with a tissue when you cough or sneeze. If you do not have a tissue, you should cough or sneeze into your elbow or shoulder, not your hands.
3. **Stay home if you are sick**
Stay home or in your place of temporary residence for at least 24 hours after you no longer have a fever.
4. **Talk to your health care provider** about whether you should be vaccinated. You may want to get vaccinated for seasonal flu, which does not protect you from H1N1. Also, if you are at higher risk for flu complications from the H1N1 flu, you should consider getting the H1N1 vaccine when it becomes available. People at higher risk for H1N1 flu complications include pregnant women and people with chronic medical conditions (such as asthma, heart disease, or diabetes). For more information about priority groups for vaccination, visit www.cdc.gov/h1n1flu/vaccination/acip.htm

Use good judgment and take precautions against getting the flu in the country where you are studying and living, and in any countries to which you may travel during breaks.

Whenever possible, avoid crowded enclosed spaces and close contact with people suffering from acute respiratory infections.

Should I stay home if I feel sick with flu-like symptoms?

Call the UC Study Center immediately to report your symptoms and follow their instructions. You should stay at home and avoid contact with others for at least 24 hours after your fever is gone (without using any fever reducing medication). Staying at home means that you should not leave your home except to seek medical care. This means avoiding normal activities, including work, school, travel, shopping, social events, and public gatherings. If flu severity increases within your community, if you are at higher risk for flu complications (e.g., certain chronic medical conditions like heart disease, diabetes, asthma, etc.), you should contact a doctor. Currently, the CDC is not recommending removing healthy students from their institutions.