

NWACC Fact Sheet on Seasonal and H1N1 Flu

As the 2009 influenza A (H1N1) virus continues to spread across the nation, Arkansas is preparing for the most ambitious vaccination effort in the State's history. The Arkansas Department of Health is planning to provide protection from both the seasonal flu and the new 2009 H1N1 flu this fall.

Priority groups to receive the 2009 H1N1 vaccine are:

- Pregnant women
- Health care workers and emergency responders
- Children and young adults from 6 months to 24 years
- People caring for infants under 6 months of age
- People aged 25 to 64 years of age with underlying medical conditions (e.g. asthma, diabetes)
- Combined, these groups would equal approximately 159 million individuals across the nation.

All Arkansans are encouraged to get a seasonal flu shot each year. The best time to get a shot is between mid-October and mid-November. The seasonal flu shot WILL NOT protect you against the new H1N1 flu.

NWACC employees and students can sign up now at the Student Center Information Desk for seasonal flu shots which will be administered Thursday, November 5, 8:00 to 10:00 am in BH 1469. Cost is \$ 25.00. Also, the Arkansas Department of Health has plans for two mass seasonal flu shot sites in Benton County, one in Siloam Springs and the other in Bella Vista, both on October 30. There are plans for a site in Springdale and Fayetteville also. Go to this link for more information:
http://www.healthyarkansas.com/flu/pdf/mass_flu_clinic_sites-statewide_2009_9-17-1.pdf

A vaccine for the new H1N1 flu will also be available. There will be enough of the H1N1 flu shots for all priority groups and anyone else who wants one. **A flu shot will not give you the flu.**

Arkansans are urged to take the following actions to stay healthy:

- Wash your hands frequently with warm, soapy water to lessen the spread of illness.
- When hand washing is not possible, use an alcohol-based hand sanitizer. Avoid touching your eyes, nose and mouth.
- Cover your mouth and nose with tissue when coughing and sneezing, then wash your hands.
- Stay home if you are sick. You should stay home until you are feeling better and after fever is gone for 24 hours without taking fever reducers. While you are sick, limit contact with others to keep from infecting them.
- Avoid close contact with people who are coughing or otherwise appear ill.
- Get a seasonal flu shot each year and when the H1N1 influenza A vaccine is available in Arkansas, get a shot.

Remember the three C's:

Clean – properly wash your hands frequently

Cover – cover your cough and sneeze

Contain – contain your germs by staying home if you are sick

Symptoms of seasonal and H1N1 flu are the same and can lead to complications, including pneumonia or other life-threatening complications. The symptoms include:

- Fever greater than 100 degrees
- Body aches, coughing, sore throat, chills, head ache and body aches, fatigue, respiratory congestion, and in some cases, diarrhea and vomiting. Anyone experiencing these symptoms should contact their physician or other health care provider for advice.

H1N1 flu is highly contagious and is easily spread from person-to-person through coughing or sneezing and by touching a hard surface with the virus on it and then touching the nose or mouth.

For more information about H1N1 influenza A or seasonal flu, click on www.healthyarkansas.com, or call the ADH Hotline, 1-800-651-3493.

And get a flu shot!

Here are some helpful websites for additional information on the flu and how to control its impact on you and your family:

<http://www.flu.gov/>

<http://www.cdc.gov/h1n1flu/>

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

<http://www.flu.gov/fluexperts.html#091109>

Update on Actions by NWACC Related to the Seasonal and H1N1 Flu

NorthWest Arkansas Community College is monitoring developments related to the seasonal and H1N1 flu and the College is increasing efforts to inform, educate and help protect employees and students from the expected spread of these viruses. The College Pandemic Response Task Force is coordinating the efforts of various College departments and individuals working on these efforts. The College is now implementing the following measures, among others, related to the flu pandemic:

- Upgraded cleaning and sanitizing of all College bathrooms, stair handrails, door knobs, door handles and similar surfaces.
- Placing disinfectant wipes in all common computer labs and urging lab users to wipe down keyboards and other surfaces to help control the spread of the virus.
- Continuing to provide hand sanitizers for employee and student use in all areas of the College.
- Directing College departments to provide sanitizer hand pumps in their areas for use by employees.
- Working with College faculty to assure that appropriate allowances are made for students who miss class due to the flu.
- Arranging with the Human Resources Department for appropriate and consistent policies related to employees who miss work due to the flu.
- Urging college divisions and departments to have a contingency plan for the operation of their areas if employee absences increase due to the flu.
- Working with our food service provider, Aramark, to assure that appropriate food service operating policies are in place during this time.
- Communicating to employees and students regarding this issue using the NWACC Home Page, My NWACC Connection, NWACC's Facebook page, in printed form, using video monitors and other appropriate means.

As we move further into the flu season, NWACC will disseminate additional information and recommendations related to this issue based on the guidelines for educational institutions from the Arkansas Health Department and the Benton and Washington County Health Departments, and recommendations from the Centers for Disease Control. Employees and students are urged to watch for this information and take appropriate action.
