



Welcome to Kutztown University! We want your visit to be a healthy one. Because of the recent alerts about H1N1 (swine) flu, the PIAT (Pandemic Influenza Advisory Team) is providing you with an update on how Kutztown University is addressing any concerns about the flu. H1N1 flu does not currently pose a serious concern for our immediate community, but like many other colleges and universities in this country, KU has procedures to respond to public health concerns and fears about H1N1 flu.

Frequently Asked Questions about Kutztown University's Response to and Prevention of H1N1 Flu on Campus:

1. What is the university's plan in the event that H1N1 flu cases are diagnosed on campus?

Any diagnosed cases of H1N1 flu will be managed by Kutztown University Health Services staff through the recommendations of the Department of Health and the CDC. Currently, there are no cases of H1N1 flu on campus.

2. Will summer camps or conferences be cancelled?

Currently there are no plans to cancel on-campus activities. While general recommendations exist to help prevent transmission of viral illnesses, currently the Pennsylvania Department of Health has not issued a directive to cancel large or small group activities in Pennsylvania.

3. Can I reduce my risk of contracting H1N1 flu?

There are actions each of us can take to reduce the spread of this and other infectious diseases.

- Cover your nose and mouth with a tissue when you cough or sneeze or cough or sneeze into the bend of your arm. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and hot water, especially after you have coughed or sneezed or been out in public. Alcohol-based hand sanitizers are also effective.
- Avoid touching your eyes, nose, or mouth.
- Wash your hands before eating or preparing food.
- Avoid others who complain of flu symptoms.
- Practice a healthy lifestyle. Eat a healthy diet; get plenty of rest, and exercise.

4. What are the symptoms of H1N1 flu?

Symptoms are similar to the seasonal flu—fever, lethargy, lack of appetite and coughing. Some people have also reported runny nose, sore throat, nausea, vomiting, and diarrhea. People are contagious for seven days or longer after the onset of symptoms. Although no vaccine is yet available, this flu has responded to certain antiviral drugs.

5. How can I get current information related to H1N1 flu?

For more information about Kutztown University's Pandemic Plans visit <http://www.kutztown.edu/committees/pandemic/>

For general tips about preparing for emergency situations, visit www.ReadyPA.org.

For gaining a better understanding of the situation from the federal government Center for Disease Control (CDC) visit http://www.cdc.gov/swineflu/key_facts.htm