

Influenza A (H1N1) (aka Swine Flu): Questions and Answers

What are the symptoms of Swine Flu?

According to the CDC, the symptoms of swine flu in people are similar to the symptoms of regular human seasonal influenza and include fever, lethargy, lack of appetite and coughing. Some people with swine flu also have reported runny nose, sore throat, nausea, vomiting and diarrhea. If you do see symptoms, visit your healthcare provider, and to avoid infecting others, stay at home from work or school and limit contact with others.

How does it spread?

It spreads just like seasonal flu -- through the victim's coughing, sneezing and/or physical contact. According to the CDC, swine flu cannot be spread by eating pork products.

How can it be prevented?

To avoid getting sick, there are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza:

- 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 for at least 40 seconds, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.

What is LaGuardia doing to ensure employees' and students' safety and health at work?

We are monitoring the situation closely and will take all necessary steps to ensure employees'/students' health and safety at work. We are evaluating the situation on a daily basis, making decisions, keeping everyone informed, and ensuring proper coordination with local, state and federal authorities,

including CUNY, the New York City Department of Health and Mental Hygiene and the New York State Department of Health.

What should I do if I start to have flu-like symptoms while at LaGuardia?

If you feel flu like symptoms while at LaGuardia, please visit the Health Center in MB-40. To contact the Health Services Center, please call 718-482-5282.

If the flu spreads and the situation becomes worse, is there a place employees/students may go to learn about LaGuardia's operations?

Yes. Employees/students may call the Health Center **(718) 482-5280** for College-wide messages. If it becomes necessary, we will provide updates about La Guardia operations on this number. Employees/students can also visit the Health Center in room MB-40.

If the flu spreads, is LaGuardia going to close?

The professionals in the Health Services Center are coordinating and communicating with the New York City Department of Health and Mental Hygiene, the New York State Department of Health and CUNY. If the flu situation becomes critical, we will make a determination based current facts, taking into account the well being of all members of the LaGuardia community.

If employees get sick with this flu, what benefits are available to them?

For answers to questions about benefits available to cover sick time or leave time for employees, please contact Claudette Gray in Human Resources at **ext 5062**.

If a student gets sick with this flu, what benefits are available to them?

If a student feels flu-like symptoms while at school, they should visit the Health Services Center in MB-40. A Nurse Practitioner is available in MB-40 on Monday and Thursday, from 9:00 a.m. to 5:00 p.m. and Wednesdays from noon to 8:00 p.m. This is a free service for students. To contact the Health Center, please call 718-482-5282.

I do not have health insurance. What should I do if I become sick?

If you need assistance with Health Insurance, you should visit New York's Online Directory of Free and Low-Cost Health and Social Services. The Health Information Tool for Empowerment (HITE) is an online directory of health and social services specifically for low-income, uninsured and

underinsured New Yorkers. Students can search for resources by zip code, services offered, medical conditions treated and languages spoken.
www.hitesite.org

Where can I find more information about Influenza A (H1N1)?

LaGuardia Health Services Center - 718-482- 5282

Centers for Disease Control and Prevention
<http://www.cdc.gov/swineflu/>

New York City Department of Health and Mental Hygiene
<http://www.nyc.gov/html/doh/html/home/home.shtml>

New York State Department of Health
http://www.health.state.ny.us/diseases/communicable/influenza/seasonal/swine_flu/index.htm