

FLU AWARE

an update for faculty, staff and students

September 8, 2009

Our resident expert

Clay Walker, PhD, gave an excellent flu presentation during the recent Faculty Assembly meeting. His PPoint can be accessed online at <http://www.dental.ufl.edu/Offices/News/2009-flu-information.php> or on the college's shared drive in All UFCD/ H1N1 information.

Some Walker Words of Wisdom:

- W There are three kinds of flu viruses - A, B and C. The current H1N1 is Type A.
- W Type A causes epidemics every 2-3 years and infects birds and other mammals. Type B causes epidemics every 4 to 6 years and only infects humans. Type C only infects humans, causes only mild illness and is not associated with epidemics.
- W The current H1N1 was first detected in Mexico in April. It contains genetic material from four different viruses. It hasn't been found in mammals other than humans (including swine). It's been tagged "the swine flu" because six of the eight genes are of swine origin.
- W The current H1N1 is more contagious than the seasonal flu. With a seasonal flu, if you have close contact with someone who is infected, there is a ~1 in 5 to ~1 in 10 chance you'll be infected. With the current H1N1, there's a 1 in 4 chance of infection.

From the desk of:

Boyd Robinson, DDS

Associate Dean for Clinical Affairs
UF College of Dentistry

H1N1 the only flu in town

The UF director of student health said that its expected that 60,000 Floridians will contract the H1N1 flu. He also said that, since this isn't the flu season, virtually all flu cases now are probably H1N1/Swine flu.

Emergency contact tree - it's not just for hurricanes

Only 1/3 of our departments have updated their emergency contact information. This is a critical tool that comes in handy when we need it. Please print your current list and send it around your department, asking for updates. And then share that info with Jean Sweitzer.

Vaccine

The vaccine for the seasonal flu is just now coming available and we encourage you to get vaccinated. It will not, however, protect you from H1N1; a separate vaccine is expected to be available in October for H1N1 and we also encourage you to get vaccinated against H1N1 when it's available.

Q&A

Have questions about H1N1?

Sick leave? The meaning of life?

Email: brobinson@dental.ufl.edu



- Q: I think I had H1N1, but I feel better now. When can I come back to school/work?
- A: You need to stay home for seven days after you first show signs of being ill.
- Q: My son has H1N1. Can I trade off with my husband, taking turns staying home?
- A: You should stay home for at least four days, because the incubation period is between one and four days, and if you're feeling well, you should be able to come back.

If you are still confused as to what to do, contact your supervisor and ask. If they're not sure, they can contact the college's HR office for guidance.

In light of the highly contagious nature of this flu, we are going to err on the side of caution in terms of attendance to do our best to protect our patients, students, faculty and staff.