

FLU AWARE

an update for faculty, staff and students

October 5, 2009

Fighting the flu We have only begun

Since H1N1 first emerged in Spring 2009, the experts (our own Clay Walker included) have predicted that October will mark the peak. So although you may have flu-tigue, don't let your guard down yet. Last week Alachua County reported the third H1N1 death due to complications from the flu; Levy County reported their first. The CDC says that 26 states reported widespread flu activity and that this is very unusual for September. In this area, the normal flu season is December through March.

Almost all of the flu viruses ID'ed so far are H1N1. In Alachua County, 60 percent of the people who were tested for the flu tested positive. Of the positive tests, 99 percent were H1N1. According to the experts, now this is going to get serious. So now, *more than ever*, you need to protect yourself from infection.

By now I am sure most of us can recite protective measures in our head:

- Cover your cough/cough in your arm
- Wash your hands regularly
- Wipe down high-touch surfaces regularly
- Stay home when you're sick

You can also protect your immune system.

Some experts recommend the following:

- Take vitamin D
- Stay hydrated
- Get out in the open
- Get aerobic exercise
- Don't smoke
- Limit alcohol consumption
- Avoid close contact with infected people (stay six feet away)

Links

College of Dentistry:

<http://www.dental.ufl.edu/Offices/News/2009-flu-information.php>

UF: <http://www.ehs.ufl.edu/H1N1/>

Florida Department of Health:

<http://www.doh.state.fl.us/demo/php/FluInfo.htm>

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

From the desk of:

Boyd Robinson, DDS

Associate Dean for Clinical Affairs

UF College of Dentistry

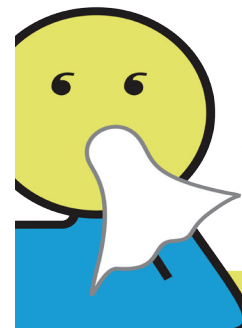
Vaccine anyone?

As soon as we get word on the H1N1 vaccine, and when and where you can get it, we'll let you know.

Housecalls

FYI: Last week, Housecalls, the system most of our clinics use to remind patients about their scheduled appointments, added a script asking patients to reschedule their appointment if they're not feeling well.

**If you're sick,
stay home.**



Keep
it to
yourself.

Have questions? Email:
brobenson@dental.ufl.edu

UF UNIVERSITY of
FLORIDA
College of Dentistry