



ABHES BULLETIN

April 30, 2009

**To: Accredited Institutions and Programs
Applicants for Accreditation
ABHES Colleagues**

From: Carol A. Moneymaker, Executive Director

Re: Flu Outbreak: What can we do to prevent it?

News and updates on the Swine flu (now referred to as “H1N1 flu”), is changing minute by minute.

To assist our accredited members’ staff and students in preventing this disease from spreading at campuses, we are offering the following helpful tips and preventive measures for you to share to lower the risk of contracting the disease:

1. **Avoid close contact.** Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
2. **Wash your hands properly:**
 - Wet your hands with warm water and apply soap.
 - Rub your hands together for 20 seconds, or about the time it takes to sing the "Happy Birthday" song twice. Make sure to get between your fingers and underneath your nails.
 - Rinse hands with water.
 - Dry hands using a disposable paper towel.

Wash your hands *after*:

 - Coughing, sneezing or blowing your nose
 - Using the bathroom
 - Taking out the garbage
3. **Cover your nose and mouth with a tissue when you sneeze or cough.** Then throw the tissue away. If a tissue is not available, cough or sneeze into your hands and wash your hands right away.

4. **Do not touch your eyes, nose or mouth.** This is how germs are spread and how you can get sick.
5. **Consider a facemask.** If you live in an area where swine flu has been identified and you cannot avoid crowded settings or close contact with others, the Center for Disease Control and Prevention suggests the use of a facemask.
6. **Maintain healthy habits.**
 - Sleep seven to eight hours each night.
 - Exercise regularly.
 - Try to manage stress.
 - Drink plenty of water.
 - Eat nutritious foods.

See the attached most recent posted update on human case statistics, by state. Additional information is available at <http://www.cdc.gov/swineflu/>

SOURCES:

- Centers for Disease Control and Prevention. Key facts about swine influenza.
- Centers for Disease Control and Prevention. Clean hands save lives
- Centers for Disease Control and Prevention. Interim Recommendations for facemask and respirator use in certain community settings where swine influenza A (H1N1) virus transmission has been detected.
- World Health Organization. Swine influenza frequently asked questions.
- Centers for Disease Control and Prevention. Swine influenza and you.
- By Jenilee Matz, M.P.H., Staff Writer, myOptumHealth

Attachment

U.S. Human Cases of Swine Flu Infection
(As of April 30, 2009, 10:30 AM ET)

State	Number of laboratory confirmed cases	Deaths
Arizona	1	
California	14	
Indiana	1	
Kansas	2	
Massachusetts	2	
Michigan	1	
Nevada	1	
New York	50	
Ohio	1	
South Carolina	10	
Texas	26	1
TOTAL COUNTS	109 cases	1 death