

Case of H1N1 confirmed at UIS

By **CHRIS DETTRO**

THE ASSOCIATED PRESS

Posted Aug 18, 2009 @ 10:51 AM

Last update Aug 19, 2009 @ 06:28 AM

The first case of H1N1 flu has been confirmed at the University of Illinois Springfield, and health service officials there are taking precautions.

The illness was confirmed late Friday and has been reported to the Sangamon County Department of Public Health, as required by law, UIS spokesman Derek Schnapp said Tuesday.

"All campuses and universities across the nation are planning and preparing for this," he said. "We're following guidelines given to us by the Centers for Disease Control and Prevention. It seems the best advice is to stay home or in your room."

The symptoms of H1N1 are much like those of regular, seasonal flu — fever, body aches, sore throat, cough, runny nose, chills and fatigue. Those between the ages of 19 and 25 are thought to have a higher risk of getting H1N1 flu.

University officials sent an e-mail notice Friday to advise the campus community what someone should do if they develop flu-like symptoms.

"If they have a fever, they should stay home until 24 hours after the fever is gone without the use of fever-reducing medicine," said Lynne Price, director of the UIS health service. "We tell our students to stay in their rooms, and if they come out to interact with their roommates, to wear a mask."

Price stressed the importance of staying away from others so the disease doesn't spread.

"Drink plenty of fluids, eat a light diet and get plenty of rest," she said. Fever-reducing medicine such as aspirin, Tylenol or ibuprofen may be taken, she added.

UIS also is asking members of the campus community who develop symptoms of the flu to check in by phone with the Campus Health Service.

"We will then follow-up by phone," Price said.

University officials could not confirm details of the H1N1 case, but a student is thought to have contracted the disease.

Move-in day for UIS students is Wednesday.

The CDC recently has changed its reporting system to include only hospitalizations and deaths.

Between April and Tuesday, Sangamon County has reported three hospitalizations and no deaths from H1N1.

Statewide through Aug. 14, there have been 388 hospitalizations and 17 deaths. Nationwide, reporting states and U.S. territories indicate 7,511 hospitalizations and 477 deaths.

Chris Dettro can be reached at 788-1510.

Copyright © 2009 GateHouse Media, Inc. Some Rights Reserved.

Original content available for non-commercial use under a Creative Commons license, except where noted.