

**August 24, 2009**

**To:** UT Students

**From:** W. Timothy Rogers, Vice Chancellor for Student Affairs  
Jim Boyle, Director, Student Health Service

**Subject:** H1N1 Virus

As most of you know, the H1N1 virus or "Swine Flu" is currently spreading throughout the country. Knoxville and the University of Tennessee campus are also experiencing some positive cases of H1N1 flu which is generating many questions. Please be aware that, although there have been some diagnosed cases on campus, this flu is currently NOT rampant. Symptoms of this flu continue to be mild for most people and the majority of individuals who contract this virus will not need to seek a doctor's treatment.

The symptoms of the H1N1 virus consist of temperatures of 100 degrees or higher, accompanied by headache, body aches, coughing, and/or sore throat.

The duration of this illness is generally only 3-4 days. Twenty-four hours after the fever has returned to normal, persons can resume their regular activities. Again, the symptoms of the H1N1 virus are generally considerably milder than those of seasonal flu.

Some students are coming to the Student Health Service with no symptoms or extremely mild symptoms. This is causing overloading of the Student Health Service and delays timely care for those who have more urgent medical needs. If you think you have the flu, you should not need medical care unless you experience:

- Difficulty breathing or shortness of breath;
- Pain or pressure in the chest or abdomen;
- Sudden dizziness;
- Confusion;
- Severe or persistent vomiting;
- Or if you are pregnant or have serious underlying health conditions.

If you have been in contact with someone who has the flu, onset of the virus can take up to three days. If you experience any flu symptoms within this time period, you should limit contact with others and stay home from school or work until 24 hours after symptoms cease. A mild, lingering cough may occur. Barring any other flu symptoms, this cough should not prevent resumption of normal activities.

The Provost has updated university faculty on the status of the H1N1 virus. If you are sick and miss a class, you should contact your instructor regarding your absence and plans to complete missed assignments. The Student Health Service does not issue notes to excuse students from classes.

More information is available at <http://web.utk.edu/~shs/> , <http://safety.utk.edu/flu>, or at the CDC Web site, <http://www.cdc.gov/h1n1flu/>. For a list of frequently asked questions, please visit <http://studenthealth.utk.edu/issues/h1n1.php>.

Thank you for your help in reducing the spread of this virus.