

Dear EIU Community,

It has been quite some time since you have had an update from Health Service regarding H1N1 and Seasonal Influenza. Fortunately, the EIU Community avoided another outbreak of H1N1 or seasonal influenza during the Spring 2010 semester. This was encouraging after a very busy Fall 2009 H1N1 influenza season at EIU that most campuses around the country experienced as well. Fortunately we had no deaths from this potentially serious infection.

We did see many students this spring with typical cold or upper respiratory illnesses, but most students with these infections experienced only mild to moderate symptoms.

Nationally, visits to doctors for flu-like-illnesses are declining and all regions of the U.S. are reporting levels of illness below usual baseline. No states are reporting widespread or regional influenza activity. Illinois is reporting sporadic activity only. The majority of influenza cases identified so far continues to be the H1N1 virus.

Although H1N1 vaccine is still available, it is likely that the H1N1 epidemic is coming to an end. Very few people are requesting or requiring the H1N1 vaccination in the U.S. at this time. Currently, the most active areas of 2009 H1N1 transmission are in parts of West and Central Africa. Influenza activity is still widely circulating in Southeast Asia and Central America. People who plan to travel, especially study abroad and international students, are advised to consider this vaccination before travel. Students are encouraged to call and schedule a travel consultation appointment at Health Service. For more information please visit the CDC's website at: www.cdc.gov.

We want to thank everyone who helped us during this notable epidemic and we are sure we will look back on this for some time to come. We learned a lot from this experience and know it will help us deal with other public health issues and infectious outbreaks in the future.

Sincerely,

Sheila D. Baker MD

Medical Director EIU Health Service and the entire Health Service and HERC staff