

PROCEDURES FOR H1N1 INFLUENZA

Precautions:

1. We are asking that students with compromised immune systems (including serious heart, lung, kidney or liver diseases, and diabetes) contact the Office of the Health Educator located in the Office of Student Services (2nd Floor of the Stoer Dining Hall Building) for advice regarding precautionary measures. Staff and faculty members with similar issues should initially consult their personal physicians. The number at which to reach the Health Educator is 352-638-9765 (Ms. Ugonna Odimegwu). Students who feel ill during times when the Student Services Office is closed should contact their RA.

2. The College will be sanitizing computer key boards, door knobs, and other points of contact on a daily basis. All administrative/faculty/mentoring offices will be equipped with handi-wipes and bottles of hand sanitizers. Prevention will be emphasized, as well as awareness of symptoms.

3. Prevention strategies to avoid illness from influenza are the same as in past years. These strategies will be even more important this season in order to avoid illness and have a productive semester:

- **Get plenty of sleep, manage your stress, eat nutritious food, exercise, and don't smoke.**
- **Cough in your elbow or cover nose and mouth with tissue. Dispose of tissues after one use in a receptacle, followed by hand washing.**
- **Wash your hands often with soap and water. Use alcohol based wipes when using public surfaces such as keyboards in computer labs**
- **DO NOT share utensils, drinks, cigarettes or personal items.**
- **Avoid touching eyes, nose or mouth.**
- **Avoid close contact with people who are sick. When you are sick, keep your distance from others.**

Students are encouraged to have in their apartments supplies for monitoring and managing possible influenza:

- **Thermometer (a non-mercury digital thermometer)**
- **Over-the-counter analgesic; Acetaminophen (Tylenol), Ibuprofen (Advil)**
- **Lozenges**
- **Cough syrup**
- **Tissues**
- **Hand Sanitizers (hand washing is still the best method of decreasing transmission)**
- **Supply of sports drinks, herbal tea and soups**

Curtailment of Certain Activities:

We are asking that if a student, staff or faculty member develop a cough and flu symptoms that they report to their *Primary Care Physician, Urgent Care (or similar facility)*, or the *Leesburg Regional Medical Center Emergency Room* as appropriate, not attend classes/work, and stay in their rooms or at home for faculty/staff and students living off campus. We also ask that students, especially those with symptoms, limit their visits to public places.

Centers for Disease Control Information:

According to the CDC, symptoms for swine flu are similar to the symptoms of seasonal flu in humans and may include some combination of the following:

- **Fever, greater than 100 degrees F**
- **Sore throat**
- **Cough**
- **Stuffy nose**
- **Chills**
- **Headache**
- **Body aches, and/or**
- **Fatigue**

Procedures once diagnosed with H1N1 Swine Flu:

The preliminary procedures to follow once a student is diagnosed with H1N1 influenza are:

1. Isolation from the campus:

- a. Students within a 250 mile radius will be expected to be driven home (arrangements made by the family).
- b. Students outside the 250 mile radius, it will be important for families to develop a contingency plan. The College has an empty apartment available to assist in this transition.
- c. The exclusion period in most cases is 3-5 days. (The CDC found that most cases not requiring hospitalization had a fever that lasted 2 to 4 days. This would require an exclusion period of 3-5 days.)

2. Return to campus: The CDC recommends that people with influenza-like illnesses remain at home or in isolation until at least 24 hours after they are free of fever (100 degrees and above), or signs of a fever *without the use of fever-reducing medications*.

3. In cases of illnesses of more than 3-5 days, students may request a video connection to view class instruction while class is in session (requires access to a lap top or computer). There is a minimal fee of \$65.00 for use of equipment.

4. The College is working with regional and state immunization programs regarding the availability of vaccine for H1N1 influenza and guidelines for distribution. (If and when a vaccine is available, the College will comply with the guidelines and priorities.)

5. In the event of a large number of cases of influenza occurring among students, faculty, and staff, the College officials will consult with state and local health officials regarding an appropriate response.

The College is currently exploring the potential of initiating long-distance instruction via the use of video technology for class instruction and academic conferencing for educational support in response to campus emergencies (epidemics or severe weather damage).