

H1N1 Campus Plan

September 3, 2009

H1N1 has been in the news – and as a campus we are also making preparations for its arrival this year. We have provided this summary of information to assist students, parents, faculty, and staff.

The H1N1 virus is similar to the symptoms of seasonal flu and includes fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue, also known as symptoms of influenza like illnesses (ILI). A significant number of people who have been infected with novel H1N1 flu virus also have reported diarrhea and vomiting. The contagious period for influenza begins one day before symptoms begin and continue until there is no fever for 24 hours (with no fever-reducing medication). This period is typically 7-10 days.

A strong reoccurrence of H1N1 is forecast for this fall and winter, and the early start of the flu season is one indication of that. People who live in close proximity to many others -- like college students in group living situations -- may be at increased risk for H1N1. Health officials are not conducting lab tests to confirm cases of H1N1 unless an underlying chronic illness or other pre-existing health concern dictates the need for a test. If you have flu-like symptoms, it is assumed you may have H1N1.

As we anticipate the arrival of the H1N1 flu virus, please note the following important information:

Campus Offices and Operations

- ❖ Faculty and staff should stay home if they have influenza like illnesses. Self-isolation is the best way to prevent the spread of the flu.
- ❖ Please communicate with your department chair, or program director, or supervisor if you become ill with flu-like symptoms. Have back-up plans in place for classes/work and a means to communicate with your students, coworkers or supervisors.
- ❖ Faculty and staff should **not** go to the student health center if they have flu-like symptoms. Students should please call first. Faculty and staff should contact their personal physician. Many medical personnel are not seeing flu-like cases in person unless there are underlying or chronic medical conditions.

Students

- ❖ If students think they have the flu, they should call the Student Health Center or their personal physician first to determine next steps. Many medical personnel are not seeing

flu-like cases in person unless there are underlying or chronic medical conditions.

- ❖ Residential students whose permanent residences are within 250 miles of the campus and who become ill need to return to their homes or travel to the homes of family or friends as a standard policy. Parents and students should have a travel plan ready to implement with very short notice for their students. Because of the shared bathroom facilities, it is imperative that residential students with influenza move off campus to slow the spread of the H1N1. We also do not have the facilities to provide in-room care to large numbers of students.
- ❖ If the residential student cannot return home (due to distance), he or she should remain in their room, only leaving to use the restroom. The student should wash their hands before leaving their room and of course after using the bathroom. The student must maintain in social isolation until they have been fever free for 24 hours (without the aid of fever reducing medicines). Meals can be brought to them and this can be coordinated with their RA. Roommates should keep their distance from the sick student; exercise good hand washing, wipe down the room with antiseptic cloths frequently, and should consider wearing a mask when in the room, available from the Student Health Center.
- ❖ Non-residential students who become ill should also stay home if they have influenza like illnesses.
- ❖ Doctor's notes will not be required from students; this means flexibility in dealing with class absences. Students in all programs (traditional, degree-completion, and graduate), should communicate and coordinate with their professors via email, Moodle, and/or telephone, following the guidelines that their instructors and/or program directors have established in anticipation of a possible outbreak.

Hygiene

- ❖ Hand sanitizer stations have been purchased for all academic and public areas on our campus. These should be installed in the next two weeks and will be refilled by our custodial services.
- ❖ To help minimize the spread of the virus, it is important to exercise good hand washing, to cough into the crook of your sleeve (see the video at www.snu.edu/influenza-information), and to wipe down work surfaces and commonly-touched areas with antiseptic cloths as frequently as feasible. Some employees may even want to consider wearing a mask, available from the Student Health Center.

Medical Care

- ❖ Some antiviral medications can be effective in decreasing symptoms of H1N1 and seasonal influenza if started within 48 hours of the symptoms. Students should call the

Student Health Center to arrange a time to be evaluated if they begin to have symptoms of influenza.

- ❖ For those with influenza like illness, the CDC recommends the same preventative and treatment measures as with the seasonal flu; lots of rest, isolation, drinks lots of liquids, and manage fever with the appropriate medications.

Updates and Resources

- ❖ The campus Student Health Center will most likely be able to give us some warning based on ill students seen in anticipation of increased numbers of flu cases; and we will give updates as they become available.
- ❖ The SNU website contains the latest updated information: www.snu.edu/influenza-information
- ❖ The Center for Disease Control and Prevention website has excellent resources and information: <http://www.cdc.gov/h1n1flu/>

Important Contact Information

- ❖ Student Health Department at SNU – 405.491.6605
studenthealth@snu.edu
- ❖ Student Development Office at SNU – 405.491.6336
- ❖ Professional and Graduate Studies Office – 405.491.6332
- ❖ Tulsa Center – 918.664.4100

As a campus, we will do our best to communicate, and take measures to protect and support our students and employees during the anticipated H1N1 outbreak. Our Student Health Center is in direct communication with the Center for Disease Control and is also working with State Health Officials. We do not know yet about the availability for vaccines. But the good news is that the virus has already been around the world once and appears to have not mutated or become more virulent, and at this time is not more serious than the annual seasonal flu. Many over the age of 50 may already have built-in immunity, thus the increased susceptibility of our college-age students.

We appreciate your support, flexibility and prayers as we work to minimize the potential spread of this virus. If you have questions, please ask your supervisor, RA, professor or an administrator. We are grateful for your assistance as we respond to these ever-changing circumstances.