

Self Triage for Person with Influenza-like Symptoms

If you have some of these symptoms:

STAY HOME

- * Rest
- * Drink Fluids
- * Take fever reducers
(acetaminophen or ibuprofen)

BUT IF YOU

- Are unable to drink enough fluids
- Have fever for more than 3 to 5 days
- Feel better, then develop a fever again

OR IF YOU

- Become short of breath or you develop wheezing
- Cough up blood
- Have pain in your chest with breathing
- Have heart disease (like angina, or congestive heart failure) and you develop chest pain
- Become unable to walk or sit up, or function normally (others might be the ones to notice this - especially in the elderly)

Students

You can call the
Student Health
Services
at 620-1569

Faculty/Staff
Call your
health care provider

GO RIGHT AWAY
For Healthcare

**Adapted from OSHA Pandemic Preparedness Guide*

UF offers advice for dealing with H1N1 swine flu virus

Filed under Announcements, InsideUF (Campus), Top Stories on Tuesday, August 25, 2009.

With the fall semester under way, the University of Florida wants to ensure that students, faculty and staff have the latest and most accurate information regarding the Novel H1N1 flu virus.

First and foremost, prevention is one of the most effective ways to deal with Novel H1N1, also known as swine flu. Basic good hygiene includes the following:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth as this spreads germs.
- Limit contact with others if you are sick

Students, faculty and staff are urged to follow the Centers for Disease Control and Prevention's newest guidelines released August 7. Those guidelines recommend that people with H1N1 or influenza-like illness remain at home until at least 24 hours after they are free of fever (100° F [37.8°C]), or signs of a fever without the use of fever-reducing medications. Students, faculty and staff should consider having their own digital thermometer to monitor their temperature.

Most people are expected to recover without needing medical care. If you have severe illness or you are at high risk for flu complications, contact your health care provider or seek medical care.

Colleges and departments have been asked to make plans to deal with student and employee absences that may occur, and faculty members are encouraged to be flexible with students who miss class.

An H1N1 vaccine is expected to be available later this fall, and UF's Student Health Care Center will be working closely with public health officials to provide vaccinations to eligible students and employees.

In the meantime, remember that the H1N1 situation is subject to change as the flu season progresses. Please keep up with the latest recommendations and news about H1N1. The university's Environmental Health and Safety office is maintaining a Web site with the latest information about H1N1 at <http://www.ehs.ufl.edu/h1n1>.

For more information, check the following Web sites:

- The CDC's Swine Influenza Page — <http://www.cdc.gov/h1n1flu/>
- The CDC's tips for Preventing the Flu at <http://www.cdc.gov/flu/protect/habits.htm>

H1N1 Flu Information



UWF Student Health Center
The Center for Disease Control
The Escambia County Health Department
Mayo Clinic

Florida Department of Health H1N1 Information
NEW Flu Information From Health & Human Services
NEW CDC H1N1 Guidance for Colleges/Universities

NEW Letter from Dr. Chula King, Provost, to Faculty and Staff
Dear Faculty,
You have no doubt read reports about the spread of the H1N1
(swine) flu
worldwide and its potential impact in the coming months. Because of
the
global presence of H1N1...(more)

From: Chula King

Sent: Thursday, August 13, 2009 2:12 PM

Dear Faculty,

You have no doubt read reports about the spread of the H1N1 (swine) flu worldwide and its potential impact in the coming months. Because of the global presence of H1N1, the Centers for Disease Control and World Health Organization are no longer tracking specific numbers of cases. Instead, they are directing their resources toward containment and mitigation efforts.

In general, suspected cases of H1N1 are no longer being confirmed. Rather, individuals with flu-like symptoms (fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue) are presumed to have H1N1, and are being treated accordingly. As the number of cases increases, it is likely that the medical community will encourage individuals to self care at home, and not go to the doctor or other health provider.

To date, a handful of H1N1 cases have been reported among the University community. With the start of the fall semester and the arrival of more than 10,500 students, however, we fully expect more cases to be both identified by the UWF Student Health Center staff and self reported. Because of the likely escalation in H1N1 cases among faculty, staff and students, steps should be taken now to minimize any disruption to our students' successful completion of their courses.

It is important that all members of the faculty plan for potential situations in which they, their students, or their graduate assistants miss a number of classes/labs. In addition, faculty should anticipate that students who contract H1N1 may be unable to complete assignments, quizzes and other course requirements, and take scheduled examinations. In planning for these contingencies, faculty will more often than not need to revise their course syllabi and develop strategies to utilize alternative delivery modes. Things to consider include the following:

- What steps will you take to continue your classes if you contract H1N1 and are therefore unable to come to campus?
- Are you prepared to move your face-to-face class to a distance learning format should you be unable to come to campus for an extended period of time? If you need help in this area, the staff at the Academic Technology Center (atc@uwf.edu) are available to provide assistance.
- Should you become ill, do you have colleagues who are willing to cover your classes while you are recuperating?
- How will you communicate with your students should you become ill?
- How will you notify students of cancellation or rescheduling of your classes, or migration of face-to-face classes to a distance learning format?
- How do you expect your students to communicate with you should they become ill?
- Do your syllabi clearly communicate your contingency plans related to missed classes by you or your students, missed due dates for assignments or other course requirements, missed exams, etc.?

- How will you handle students who are unable to obtain medical proof of their illness or proof that they are well enough to return to class given the likelihood that they will be encouraged to not go to the doctor, but rather engage in self care at home? (Information related to this for faculty and staff will be forthcoming from the University.)
- What will you do if a student who previously claimed to be ill because of H1N1 informs you that he/she has come down with H1N1 again? (Natural immunity should occur after infection, so a second or third request for an absence would justifiably arouse suspicion.)
- What will you do if a student who is obviously ill shows up for your class? (The University is currently looking into legal and other issues related to denying a student who is obviously ill entrance to the classroom.)
- What type of announcements might you make at the beginning of the semester to inform students of strategies to prevent infection and contingency plans if many members of the class become ill?
- What accommodations will you make for students who must care for an ill spouse or child? Should these students be encouraged to stay home to prevent transmission of illness to class members?
- What will be the best way to include relevant information in your syllabi? (CUTLA has excellent suggestions related to this at <http://uwf.edu/cutla/frs-syllabus.cfm>.)

Many of the items above also apply to situations where classes are suspended or the campus is closed because of hurricanes.

In the coming weeks, the University will disseminate updated information about H1N1 and campus-wide plans. In the meantime, you can find additional information at:

UWF Office of Environmental Health and Safety – <http://www.uwf.edu/ENVHS/>
 Campus Planning for Course Continuity - [http://uwf.edu/cutla/campus_planning—
 emergency.cfm](http://uwf.edu/cutla/campus_planning—emergency.cfm)
 Florida Department of Health - <http://www.doh.state.fl.us/DEMO/php/FluInfo.htm>
 Centers for Disease Control - <http://www.cdc.gov/h1n1flu/>

Please let me know if you have any questions.

Chula
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Message to FGCU Students, Faculty and Staff regarding H1N1 Flu

Dear FGCU Students, Faculty and Staff:

With last week's start of the fall semester, we are carefully monitoring the H1N1 flu, previously referred to as "swine flu." The Centers for Disease Control and Prevention (CDC) and other health organizations are urging healthy practices and prevention since the severity of H1N1 flu outbreaks during the 2009-2010 academic year is not known, and there are concerns H1N1 transmission will spread more rapidly during the fall and winter.

There are important health guidelines the FGCU campus community should follow, and these are specified in the below sections for "Students" and "Employees (Faculty and Staff)." **However, the most important requirement is that if you develop flu symptoms, you should stay at home, or self-isolate, until at least 24 hours after you are free of fever without the use of fever-reducing medications such as Tylenol.** While most people in the United States who have been sick with H1N1 have recovered, there have been hospitalizations and also deaths caused by the infection.

Please read the following information regarding (1) prevention; (2) flu symptoms; (3) medical assistance; (4) absence from class or work, and (5) ongoing monitoring efforts at FGCU. This information is not provided to cause undue alarm, but rather to educate everyone on how best to contribute to continued good health and safety in our campus community. Each of us is responsible for doing our part as a member of the FGCU community.

I. Prevention:

Since there is no vaccine available at this time to protect against the H1N1 virus, the CDC recommends the following steps to protect your health:

1. Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
2. Wash your hands often with soap and water, especially after you cough or sneeze. You should wash your hands for 15 to 20 seconds. Alcohol-based hand cleaners are also effective.
3. Avoid touching your eyes, nose or mouth. Germs spread this way.
4. Try to avoid close contact with sick people.
5. As noted above, if you are sick with flu-like illness, you should stay home for at least 24 hours after your fever is gone, except to get medical care. Your fever should be gone without the use of a fever-reducing medicine.
6. Be prepared in case you get sick and need to stay home by purchasing a supply of over-the-counter medicines, alcohol-based hand cleaners, tissues and other such items that would help avoid your need to make trips out in public while you are sick and contagious.

II. Flu Symptoms:

The CDC has determined that H1N1 is contagious, and that it spreads from human to human in ways similar to seasonal flu. Flu viruses are spread primarily through coughing or sneezing by people with influenza; also sometimes people become infected

by touching a surface or object with flu viruses on it and then touching their mouth or nose. The following are CDC-designated symptoms of H1N1:

1. Fever above 100 degrees Fahrenheit or 38 degrees Celsius
2. Cough
3. Sore Throat
4. Runny or Stuffy Nose
5. Body Aches
6. Headache
7. Chills
8. Fatigue
9. Diarrhea and Vomiting (in some cases)

III. Medical Assistance:

- **Students:**
 - Students who are ill with fever and other flu symptoms should call FGCU's Student Health Services at (239) 590-7966 to schedule an appointment, or for medical advice and instruction.
- **Employees (faculty and staff):**
 - Employees should contact their primary care physician for medical evaluation, and treatment if needed.

IV. Absence from Class or Work:

- **Students:**
 1. Residential students diagnosed with or suspected of having the flu should not attend class or visit common campus areas such as the dining hall, student union, library, and fitness and aquatics centers.
 2. If possible, residential students should go home to recover off campus. If students cannot go home, they should wear a surgical mask while in common areas or if in a room with an uninfected person. Masks are available to students at the Student Health Clinic located in the Wellness Center.
 3. Students who do not live on campus should not attend class or come to campus if they have flu or flu-like symptoms until 24 hours after they are free of fever without the use of fever-reducing medications.
 4. Students (residential and non-residential) with flu-like symptoms should not participate in FGCU activities, including with clubs, organizations, Athletics competitions, and intramural sports.
 5. Students who are well but have a family member or roommate with the flu can attend classes and visit campus common areas as usual. However, they should closely monitor their health and if they become ill, go home to recover off campus, or self-isolate if going home is not an option.
 6. The Division of Student Affairs is working with the Division of Academic Affairs to address issues of missed classes due to H1N1. Students must notify their instructors via email to inform them of their absence due to illness.
 7. Students who work on campus should not attend work if they have flu or flu-like symptoms. They should notify their work supervisor via email or telephone to inform them of their absence due to illness.

- **Employees (faculty and staff):**

1. Employees should contact and work directly with their primary care physician regarding symptoms, evaluation and treatment of flu.
2. Employees who are ill with flu-like symptoms should notify their supervisor that they are ill and not able to work. They should stay home, as directed above, until at least 24 hours after they are free of fever without the use of fever-reducing medications.
3. Sick Leave should be used by employees who are ill. In the event they are ill with the flu and have no accrued sick leave, employees should consult with the Office of Human Resources at (239) 590-1400.
4. Employees who are well but have a family member with the flu can attend work as usual. However, they should closely monitor their health and if they become ill, go home to recover.

V. Ongoing Monitoring:

1. The University is closely monitoring H1N1 and preparing in the event a serious outbreak on campus should occur. These efforts are being led by the University President and his Cabinet, comprised of the Provost & Vice President for Academic Affairs; Vice President for Administrative Services & Finance; Vice President for Student Affairs; Vice President for University Advancement; Chief of Staff & University Spokesperson, and General Counsel.
2. Additional coordinating efforts are taking place with FGCU's Student Health Services and other medical professionals, as well as local, state and national health organizations, including the CDC.
3. In the event of a serious outbreak of H1N1 on campus, FGCU's Emergency Advisory Council will be activated to implement the Continuity of Operations Plan (COOP). This activation has been used in the past with great success at FGCU when faced with threats of hurricanes and wildfires. It addresses emergency preparation, response, and communications, as well as continuity of essential operations, and resumption of regular operations after an emergency. FGCU's Chief of Police and Public Safety leads the emergency team.
4. The CDC has extensive online resources about H1N1, and this information can be accessed at: <http://www.cdc.gov/h1n1flu/>. Specific CDC information about H1N1 and schools, colleges and universities is available at: <http://www.cdc.gov/h1n1flu/schools/>. FGCU information and campus messages about H1N1 can be accessed from the University's website at: <http://studentservices.fgcu.edu/HealthServices/h1n1.html>.

Thank you for your attention to these important health matters. As new or additional information becomes available, we will share it with you. I look forward to a healthy and productive 2009-2010 year at FGCU.

Wilson Bradshaw, Ph.D.
President
Florida Gulf Coast University