

## H1N1 Information and Guidelines

Due to the recent concern regarding Type A Influenza (H1N1), Huston-Tillotson University (HT) is taking the following precautions to ensure the wellness of the campus community. HT is following guidelines provided by the Centers for Disease Control (CDC) and the information below highlights preventative measures and strategies for managing this illness.

### *Facilitate self-isolation of residential students with flu-like illness*

- Residential students with flu-like illness should seek medical care (such as Student Health Services 512.505.3039), do not attend class, and limit interactions with other people for at least 24 hours after they no longer have a fever, or signs of a fever, without the use of fever-reducing medicines. They should stay away from others during this time period even if they are taking antiviral drugs for treatment of the flu. (For more information, visit <http://www.cdc.gov/h1n1flu/guidance/exclusion.htm>.) Length of time away from classes should be advised by a physician.
- If possible, residential students with flu-like illness who live relatively close to the campus should return to their home to keep from making others sick. Such methods should limit contact with others as much as possible (e.g. travel private car versus public transportation).
- Students should remain in their room and receive care and meals from a single person. Student Health Services and Residence Life will work together to ensure on-campus students receive meals, needed items, and information. Please refer to your Residence Hall Director for additional information.
- Whenever possible, students should advise their instructors of illness before missing classes. If this is not possible, the Office of the Dean of Student Affairs should be advised at 505.3036 to initiate communication with faculty.
- If close contact with others cannot be avoided, the ill student should be asked to wear a surgical mask during the period of contact.
- For students living with an ill person, a temporary room change for the ill or well student can be facilitated, if space permits.
- Students with flu-like illness should promptly seek medical attention if they have a medical condition that puts them at increased risk of severe illness from flu, are concerned about their illness, or develop severe symptoms such as increased fever, shortness of breath, chest pain or pressure, or rapid breathing.

### ***Promote self-isolation at home by non-resident students, faculty, and staff***

- Non-residential students, faculty, and staff with flu-like illness are asked to self-isolate at home or at a friend's or family member's home until at least 24 hours after they are free of fever, or signs of a fever, without the use of fever-reducing medicines.
- Visit <http://www.cdc.gov/h1n1flu/guidance/exclusion.htm> for more information on staying home while sick.

### ***Considerations for high-risk students and staff***

People at high risk for flu complications who become ill with flu-like illness should speak with their physician as soon as possible. Early treatment with antiviral medications often can prevent hospitalizations and deaths. Groups that are at higher risk of complications from flu if they get sick include: children younger than age 5; people age 65 or older; children and adolescents (younger than age 18) who are receiving long-term aspirin therapy and who might be at risk for experiencing Reye's syndrome after flu virus infection; pregnant women; adults

and children who have asthma, other chronic pulmonary, cardiovascular, hepatic, hematological, neurologic, neuromuscular, or metabolic disorders such as diabetes; and adults and children with immunosuppression (including immunosuppression caused by medications or by HIV).

- Persons at high risk with flu like symptoms are encouraged to remain at home and to avoid contact from those who are ill.

### ***Additional Preventative Measures***

- HT encourages **frequent hand washing and proper respiratory etiquette** of both people who are well and those that have any symptoms of flu.
- Reminder signs of proper hand washing and respiratory etiquette as well as hand sanitizers are located at various points on-campus such as restrooms and other high traffic locations.
- Faculty, staff, and students are highly encouraged to establish regular schedules for frequent cleaning of high-touch surfaces (for example, bathrooms, doorknobs, elevator buttons, and tables) and commonly used surfaces (desks, keyboards).
- Wherever possible, limit the amount of close contact with others to avoid spreading germs.
- Custodians utilize alcohol based cleansers and clean high traffic areas regularly to limit spread of germs.
- HT discourages attendance at campus events by ill persons and reserves the option of suspending or limiting residence hall visitation.
- One of the best preventative measures is to **get vaccinated** against the flu. People under age 25 are one of the key groups recommended by CDC's Advisory Committee on Immunization Practices (ACIP) to be among the first to receive the 2009 H1 N1 flu vaccine. For more information, visit: <http://www.cdc.gov/h1n1flu/vaccination>.
- The University is closely monitoring compliance with vaccination requirements including the new mandated meningococcal immunization (by January 1, 2010) for all residential students. Students must ensure all immunizations are up-to-date to avoid interruption of class enrollment.
- Please refer to the HT Student Health Services website at <http://sa.htu.edu/HealthServices> for additional information and area immunizations sites.
- Any decision to suspend classes will be made in consultation with local and state public health officials. The length of time classes should be suspended will depend on the goal of suspending classes as well as the severity and extent of illness.
- The University has an emergency plan which highlights situations if the campus needs to suspend or limit services. The plan can be accessed at [www.htu.edu](http://www.htu.edu) under the Campus and Community Policies Manual at: [http://af.htu.edu/LinkClick.aspx?link=HRPolicies%2fPolicy+Manual\\_Volume02\\_CampusCommunityPolicies.pdf&tabid=75&mid=421](http://af.htu.edu/LinkClick.aspx?link=HRPolicies%2fPolicy+Manual_Volume02_CampusCommunityPolicies.pdf&tabid=75&mid=421)
- CDC offers valuable updates and general information on H1 N1 at: <http://www.cdc.gov/h1n1flu/generalinfo.htm>

## **Guidelines for Students Diagnosed with H1N1 Type A Influenza**

- Contact Student Health Services immediately at 512.505.3039. Student Health Services is open Monday through Friday 8:30 a.m.-5:30 p.m. For emergencies after hours, the Campus Nurse can be reached through Campus Safety at 512.505.3010.
- Avoid close contact with others, including attending classes and eating on-campus. If contact cannot be avoided, wear a surgical mask. You should not return to classes for 5 to 7 days.
- If a residential student, determine if going home is a viable option. If so, travel should minimize exposure to others.
- If a residential student, contact your Residence Hall Director to make arrangements to receive meals in residence.
- Students are strongly urged to consult their syllabus for class attendance expectations. All questions should be directed to the instructor.
- Whenever possible, students should advise their instructors of illness before missing class. Email your professors with the diagnosis and when you were tested positive. If it is not possible to contact the instructor directly, the Office of the Dean of Student Affairs should be advised immediately at 512.505.3036 to initiate communication.
- If you are going to miss class for more than two class periods, the student should make arrangements to gather missed notes and assignments. Arrangements include staying in regular contact with the instructor.
- If you are missing class, it is strongly encouraged that you utilize various academic support services (for example, tutoring and The Writing Center) for assistance in keeping up with your work.
- Students must provide documentation upon return by a physician or the Campus Nurse.
- Do not return to class until you are fever free for at least 5 to 7 days without medication. All antiviral medication should be completed before returning.
- If you are having difficulty contacting instructors or are experiencing undue hardship, please contact the Office of the Dean of Student Affairs at 512.505.3036.

## **Guidelines for Students Experiencing Flu-like Symptoms**

- Contact Student Health Services immediately at 512.505.3039. Student Health Services is open Monday through Friday 8:30 a.m.-5:30 p.m. For emergencies after hours, the Campus Nurse can be reached through Campus Safety at 512.505.3010.
- Avoid close contact with other, including attending classes and eating on-campus.
- Students are strongly urged to consult their syllabus for class attendance expectations. All questions should be directed to the instructor.
- Whenever possible, students should advise their instructors of illness before missing class. Email your professors to diagnosis and when you were tested positive. If it is not possible to contact the instructor directly, the Office of the Dean of Student Affairs should be advised immediately at 512.505.3036 to initiate communication.

- If you are going to miss class for more than two class periods, you the student should make arrangements to gather missed notes and assignments. Arrangements include staying in regular contact with the instructor.
- If you are missing class, it is strongly encouraged that you utilize various academic support services (for example, tutoring and The Writing Center) for assistance in keeping up with your work.
- Students must provide documentation upon return by a physician or the Campus Nurse.
- Do not return to class until you are fever free for at least 24 hours without medication. All antiviral medication should be completed before returning. Length of time away for class should be determined by a physician.
- If you are having difficulty contacting instructors or are experiencing undue hardship, please contact the Office of the Dean of Student Affairs at 512.505.3036.