



What is Novel H1N1: Novel H1N1 (referred to as “swine flu” early on) is a new influenza virus causing illness in people. This virus is spreading from person-to-person, probably in much the same way that regular seasonal influenza viruses spread.

PREVENTION

It is very important to take this virus seriously, as the virus spreads easily between people through air (respiratory droplets) or surface contact.

- 1) Wash your hands frequently with soap and water for at least 20 seconds, especially after you sneeze. (Frequent use of alcohol-based hand sanitizers also is recommended.)
- 2) Cough and sneeze into your elbow or use a tissue.
- 3) Avoid touching your face, eyes, nose or mouth.
- 4) Do not share water bottles or utensils.
- 5) Keep your environment clean, wipe down frequently shared items such as door knobs, counter tops, key boards with a mild disinfectant such as a Clorox wipes.
- 6) Get the Seasonal and H1N1 flu vaccine when offered by the Health Center.

BE PREPARED, NOT SCARED!

In light of continuing cases of H1N1 (swine) flu in California, the United States and around the world, the Academy wants to ensure that individuals planning to come to campus for Orientation & the 2009 Fall Semester are aware of steps to be taken should you develop flu-like symptoms. Please read the general guidelines for students with flu-like symptoms outlined below that follow the recommendations from the Centers for Disease Control and Prevention (CDC) for reducing the spread of illness and treating influenza infection.

WHAT TO DO IF:

Onset of flu-like symptoms prior to campus arrival

Students who develop flu-like symptoms within a week before their expected arrival on campus should instead **stay at home** and contact the Dean of Students at ext. 1190! The Dean of Students will assist those who have missed orientation content and/or are late to start the Fall Academic year.

Flu-like symptoms are defined as:

- Fever greater than 100 degrees
- cough and congestion
- sore throat
- headache
- fatigue & weakness
- runny stuffy nose
- muscle aches
- sometimes nausea, vomiting and diarrhea.

Onset of flu-like symptoms while on campus

Once on campus a student who develops a fever and flu-like symptoms would no longer be permitted to participate in the Orientation Program activities or attend classes and would be required to make arrangements to immediately leave campus until they are no longer contagious.

If there are circumstances that would prevent students with fever and flu-like symptoms from leaving campus, or would require them to travel via means that could increase the risk of infection to others (i.e. public transportation), the Academy will try to accommodate the sick student temporarily on campus. A student with a fever would be housed in isolation and required to wear a mask when advised in order to prevent the spread of illness to others. A Housing Residential Life Coordinator would be designated to

check-in on the isolated resident and make arrangements for food to be delivered to their room, because students with fever will not be permitted in Academy dining facilities.

Cal Maritime Students living on campus should follow these instructions if they develop flu-like symptoms:

1. Immediately return to their residence and
2. Visit www.csum.edu and take the **Flu Symptom Assessment Test**. It is also recommended to visit the Student Health Centers web site at <http://www.csum.edu/Health/Index.asp> for more information about managing flu-like symptoms and reducing the spread of illness until students can be evaluated by a medical professional; or contact the 24 hour Nurse Advice Line at 800-977-0027.
3. Call the Student Health Center at (707) 654-1170 during business hours.
4. When the health center is closed, students who live on campus and develop fever and flu-like symptoms should contact the **On-Duty Public Safety Officer at ext. 1111** and request a **Student Health Center Self-Care Kit**.
5. The Public Safety Officer will deliver your Self-Care Kit and contact your Resident Life Coordinator to arrange delivery of your meals.
6. The Resident Life Coordinator will notify the Dean of Students and Student Health Center of your illness.
7. If a student is feeling **Severely Ill** (Shortness of breath, difficulty breathing, pneumonia, respiratory failure, worsening of an underlying medical condition, etc.) when the Student Health Center is closed, they should call 911 and Public Safety at x1111.
8. For more details about the Student Health Center hours during this academic year, visit: <http://www.csum.edu/Health/Index.asp>.

Up-to-date information and guidance about influenza-like illness and Novel H1N1 flu also is available on these websites:

- Centers for Disease Control and Prevention: <http://www.cdc.gov/h1n1flu/>
- World Health Organization: <http://www.who.int/csr/disease/swineflu/en/>
- Centers for Disease Control and Prevention guidelines for caring for a household member with flu-like symptoms: http://www.cdc.gov/h1n1flu/guidance_homecare.htm#c
- www.flu.gov
- Flu Symptom Assessment Test: <http://www.mayoclinic.com/health/flu-symptoms/FU00013>

When to return to classes & campus activities:

A student who is recovering from flu-like illness and fever should check-in with the Student Health Center to receive clearance to resume classes and campus activities.