

The swine flu and you: An advisory for students

WHAT IS NOVEL H1N1?

Novel H1N1 (often referred to as “swine flu”) is a new variant of the influenza virus. It is highly contagious and spreads from person-to-person, much like common seasonal influenza viruses.

PREVENTION

This virus must be treated seriously. It spreads easily between people through air (respiratory droplets) or surface contact. The following procedures should be followed rigorously by all members of the campus family to help avoid its spread. As the flu can and will arrive silently at any time this fall, you should begin these procedures immediately and follow them continuously to help avoid its spread.

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 is also recommended.)
2. Cough and sneeze into your elbow or use a tissue.
3. Avoid touching your face, eyes, nose or mouth.
4. Maintain a social distance of approximately 3 to 6 feet when possible.
5. Do not share water bottles or utensils.
6. Keep your environment clean. Wipe down frequently shared surfaces such as door knobs, counter tops, and key boards with a mild disinfectant such as a Clorox wipe.
7. Get both the Seasonal and H1N1 flu vaccines when available at the Student Health Center. The seasonal vaccine will be available first and is a single shot. The H1N1 vaccine is expected to arrive later this fall and will require two shots spaced about three weeks apart. We will advise students when these vaccines are available so that you can schedule your inoculation.

FLU-LIKE H1N1 SYMPTOMS ARE DEFINED AS:

- Fever greater than 100 degrees
- Cough and congestion
- Sore throat
- Headache
- Fatigue
- Runny stuffy nose
- Muscle aches
- Sometimes nausea, vomiting and diarrhea.

EMERGENCY WARNING SIGNS:

Seek emergency medical care if you or someone you know is having any of following warning signs —

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

BE PREPARED, NOT SCARED!

The following general guidelines for students with flu-like symptoms are based on guidelines from the Centers for Disease Control and Prevention (CDC) for reducing the spread of illness and treating influenza infection. While they may seem restrictive, particularly if you contract the illness and are confined on campus, we ask all to understand that such measures are designed to help control potential spread of the flu to other members of the campus family — a goal upon which we all can agree.

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>

IF YOU EXHIBIT FLU-LIKE SYMPTOMS WHILE ON CAMPUS

If you develop a fever and flu-like symptoms, you will no longer be permitted to attend class, participate in campus activities or use the dining hall. Circumstances permitting, you will be required to make arrangements to immediately leave campus until you are no longer contagious. If you are unable to leave campus, or your mode of travel could increase the risk of infection to others (i.e. public transportation), the Academy will try to accommodate you temporarily on campus. In such circumstances you will be confined to your campus residence room and required to wear a mask, when advised, in order to prevent the spread of illness to others. A Housing Residential Life Coordinator will check on you regularly and make arrangements for meals to be delivered to your room.

California Maritime Academy
Student Health & Wellness Center
200 Maritime Academy Drive
Vallejo, CA 94590
Phone: 707-654-1170

IF YOU DEVELOP FLU-LIKE SYMPTOMS

1. Immediately return to your residence. Do not attend classes, campus activities or the dining hall.
2. Take the Flu Symptom Assessment Test at <http://www.csum.edu/Health/Index.asp> You'll also find additional information there on how to manage flu-like symptoms and reduce the spread of illness until you can be evaluated by a medical professional, as well as information on our operating hours during this academic year.
3. Call the Student Health Center at (707) 654-1170 during business hours, or the 24-hour Nurse Advice Line at 800-977-0027.
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 Residential Life Coordinator to arrange delivery of your meals.
6. The Residential Life Coordinator will notify the Dean of Students and Student Health Center of your illness.
7. If you are 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, call 911 and Public Safety at x1111.

WHEN TO RETURN TO CLASSES AND CAMPUS ACTIVITIES

If you are recovering from flu-like illness and fever, you must visit the Student Health Center to receive clearance to resume classes and campus activities. In general, you should go at least 24 hours without fever-reducing medications, including aspirin, and without an elevated temperature before you can be considered for reinstatement. You must receive clearance from the Student Health Center before resuming normal activities.