

CENTRAL CAROLINA COMMUNITY COLLEGE

GUIDELINES REGARDING H1N1 INFLUENZA: 2009-2010

Understanding concern about the possibility of outbreaks of H1N1 influenza, the following guidelines have been developed for dealing with illness and absences due to the H1N1 virus.

Please do not panic. Most healthy people recover from H1N1 influenza in three to four days—the same length of time required to recover from seasonal influenza.

Symptoms

Symptoms of flu include fever or chills *and* cough or sore throat. Other symptoms include runny nose, body aches, headache, fatigue, diarrhea, or vomiting. Fever is defined as a body temperature over 100 degrees Fahrenheit and may run as high as 104 degrees Fahrenheit.

If You Experience Flu-like Illness

If you are sick with flu-like illness, stay home from school or work except to get medical care. You should stay home for at least 24 hours after there is no longer a fever (100 degrees Fahrenheit) or signs of a fever (chills, feel very warm, flushed appearance, or sweating). This should be determined without the use of fever-reducing medications (any medicine that contains ibuprofen or acetaminophen). While sick, limit contact with others to keep from infecting them. Ask a friend to check up on you and to bring you supplies, assignments, and other necessities, if needed.

Contact your health care provider if you are at higher risk for complications from flu for treatment. People at higher risk for flu complications include the following: children under the age of 5 years, pregnant women, people of any age who have chronic medical conditions (such as asthma, diabetes, or heart disease), and people age 65 years and older.

Immediately seek medical attention if you develop severe symptoms such as increased fever, shortness of breath, chest pain or pressure, or rapid breathing.

Have a plan in place to care for family members who may become sick with H1N1. If you do not have signs and/or symptoms of influenza, you may attend class, lab, or clinical. Should you become ill while in class, lab, or clinical, you will be asked to leave.

If you care for a sick family member, wear a mask, or have them wear a mask, when providing care.

Action Steps to Prevent the Spread of Flu

Cover your mouth and nose with a tissue when coughing or sneezing. If you do not have a tissue, sneeze or cough into your upper sleeve.

Wash your hands often with soap and water, especially after coughing or sneezing. If soap and water are not available, alcohol-based hand cleaners are also effective.

Avoid touching your eyes, nose, or mouth, since germs are commonly spread this way.

Use antiseptic wipes to clean high-touch surfaces, such as door knobs, desk surfaces, telephones, etc.

Talk to your health care provider to find out if you should get the seasonal flu and/or H1N1 vaccine. Information on availability dates and places can be found on the CDC website (www.flu.gov) as well as local health departments. There is a priority listing of individuals that will receive the H1N1 vaccine, so please keep this in mind.

Get Prepared

Be prepared! Put together a “flu-kit” that contains the following over-the-counter items: non-Mercury thermometer, sanitizing wipes (such as Clorox wipes), acetaminophen or Ibuprofen (Tylenol or Motrin), cough suppressant and decongestant, or multi-symptom flu relief product, easy to prepare comfort foods, and plenty of fluids.

Class Absence(s)

You are encouraged to save your absences should you become infected with the H1N1 virus. Details of absences are in your course syllabus and/or Student Handbook.

A doctor’s note to validate illness will not be required. Doctor’s offices and medical facilities may be extremely busy and may be unable to provide this documentation in a timely manner.

E-mail your instructor(s) should you become sick so that he/she can contact you with any information needed for your continued success.

Every effort to extend make up opportunities will be made for students suspected or confirmed with H1N1 virus. Each faculty member will individualize these opportunities.

Updates

Please continue to monitor the CCCC website (www.cccc.edu) and the CDC website (www.flu.gov) for updates as the flu season continues. Remember: stay calm, get vaccinated, use everyday preventive actions, and, if sick, stay home!