

Influenza A (H1N1) Resources

The Student Health Center at Morrisville is closely monitoring the recent reports of human cases of Influenza A (H1N1) worldwide as well as throughout Madison County. The Student Health Center will continue to work with federal and local public health agencies and administration to allow us to be as proactive as possible in addressing this public health issue.

Current level of influenza pandemic alert raised to phase 6 by WHO.

NOTE: the WHO level refers to how widespread this virus is. This virus is now found in several regions worldwide. The WHO classification does not reflect disease severity.

In most people affected by this novel Influenza virus, symptoms are relatively mild and similar to the typical seasonal flu. However, a larger number of younger otherwise healthy individuals have more significant complications than would be expected from seasonal flu. It appears up to 1/3 of deaths from this novel virus have involved people without significant underlying illness. With the typical seasonal flu, most severe illness involves people with underlying illness or at the extremes of age (very young and very old) therefore any one with severe respiratory symptoms including fever should be medically evaluated. People with fever but otherwise mild symptoms are advised to remain at home with symptomatic care and to avoid contact with others, including those at doctor's offices and emergency rooms. This should help to minimize the spread of this virus.

For more information on Influenza A (H1N1), see the [Centers for Disease Control and Prevention](#), [New York State Department of Health Swine Influenza \(H1N1\) Questions and Answers](#) and [World Health Organization](#) websites. You may also call the New York State Department Of Health Hotline at 1-800-808-1987.

GENERAL FAQS

What is Influenza A (H1N1) or swine flu?

According to the Centers for Disease Control and Prevention (CDC) "novel H1N1 (referred to as "swine flu" early on) is a new influenza virus causing illness in people." It was first detected in individuals in the United States in April 2009.

Many other countries have also reported cases of the new virus. The virus is spread from person-to-person, probably much like regular seasonal influenza. Please go to CDC's web site for more information on "Novel H1N1 Flu (Swine Flu) and You" at <http://www.cdc.gov/h1n1flu/qa.htm>.

Who is monitoring the spread of Influenza A (H1N1) at the Morrisville State College?

The Student Health Center is closely monitoring the recent reports of human cases of Influenza A (H1N1) throughout the world and in Madison County. We also have a committee on campus that is currently working on policies as it relates to a potential pandemic flu outbreak. We will continue to work with federal, state and local public health agencies and MSC Administration to allow us to be as proactive as possible in addressing this public health issue.

Globally, the World Health Organization (WHO) is monitoring the spread of the Influenza A (H1N1). WHO has raised the current level of influenza pandemic alert to Phase 6.

NOTE: the WHO level refers to how widespread this virus is. This virus is now found in several regions worldwide. The WHO classification does not reflect disease severity.

What are the symptoms of the Influenza A (H1N1)?

In most people affected by this H1N1 virus, symptoms are relatively mild and similar to the typical seasonal flu. However, a larger number of younger otherwise healthy individuals have more significant complications than would be expected from seasonal flu. It appears up to 1/4 of deaths from this novel virus have involved people without significant underlying illness. With the typical seasonal flu, most severe illness involves people with underlying illness or at the extremes of age (very young and very old), therefore any one with severe respiratory symptoms including fever, should be medically evaluated. People with fever but otherwise mild symptoms are advised to remain at home with symptomatic care and to avoid contact with others, including those at doctor's offices and emergency rooms. This should help to minimize the spread of this virus.

For more information on Influenza A (H1N1), see the [Centers for Disease Control and Prevention](#), [New York State Department of Health Swine Influenza \(H1N1\) Questions and Answers](#) and [World Health Organization](#) websites. You may also call the New York State Department of Health Hotline at 1-800-808-1987.

What cleaning protocols is Morrisville State College implementing to address H1N1 surface contamination?

The Student Health Center and Health and Safety Administrator have stressed the individual's responsibility to wash hands (alternatively use hand sanitizers) and avoid touching face (mouth, eyes, and nose) to avoid self inoculation in the event any virus (including H1N1) or bacteria has contaminated the hands.

What should you do, if you develop flu like symptoms?

If you develop flu like symptoms, i.e. fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue and possibly diarrhea and vomiting, please see the recommendations given below for students and staff. Be aware that health authorities say that some groups are at a greater risk of developing severe complications, if they

contract Influenza A (H1N1). Those high risk groups include: pregnant women, those with respiratory disease (asthma, COPD), heart disease, diabetes, renal disease, morbid obesity or who have compromised immune systems and those on chronic aspirin therapy (due to a risk of Reyes Syndrome).. Recommendations are also given below for those in the high risk groups.

How can you protect yourself and others from infection?

There is no vaccine available right now to protect against Influenza A (H1N1) or swine flu. A vaccine is being developed and when it becomes available, the College Community will be notified. There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza.

Take these everyday steps to protect your health:

- **Avoid close contact (6 ft is recommended) with people who are sick.** This is called social distancing, which reduces your risk of getting the flu. When you are sick, keep your distance from others (minimum three to six feet) to protect them from getting sick too.
- **Cover your mouth and nose with a tissue when coughing or sneezing.** It may prevent those around you from getting sick. Coughing or sneezing into the bend of your elbow, when tissues are not available, directs the cough/sneeze downward and is helpful. Throw dirty tissues in the trash. If you are sick with the flu and you must leave your home or room, you may want consider wearing a surgical mask to prevent others from getting sick.
- **Clean your hands often.** Washing your hands often will help protect you from germs. Twenty seconds of hand washing with hot water and soap or use of a disinfectant hand lotion is recommended.
- **Avoid touching your eyes, nose or mouth.** Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

STUDENT FAQS

You have flu symptoms or have been advised by your healthcare provider that you have the flu. What should you do?

Students are advised to visit the Student Health center if they have a persistent fever accompanied by bodyaches, fatigue, runny nose, etc. In most situations otherwise healthy students do not require a medical visit if they are recovering well on their own. An unnecessary visit to the Health enter may just expose others.

What should you do, if you are in one of the high risk groups for severe complications from Influenza A (H1N1) and have flu symptoms?

If you are in one of the high risk groups for severe complications from Influenza A (H1N1), which include pregnant women, those with respiratory disease (asthma, COPD), heart disease, diabetes, renal disease, morbid obesity or who have compromised immune system or are on chronic aspirin therapy, please seek medical advice around Influenza A (H1N1). Contact the Health Center at 315-684-6078 to schedule an appointment—make it clear you are in a high risk group for influenza complications and have flu symptoms.

What should you do about Influenza A (H1N1), if you live in one of the residence halls?

All residential students are asked to alert their Residence Director by e-mail or phone, if they develop flu symptoms. You should then remain in your room as much as possible. You should also limit your contact with others, until you are without fever without the use of fever reducing medications for 24 hours. When contact with others is unavoidable, please use a surgical mask. You may obtain this surgical mask, along with a disposable thermometer at the Student Health Center. If you have a temperature above 100.5, we may suggest moving you to an isolation suite if one is available. If possible, try to contact your instructors and/or teaching assistants by e-mail or phone to let them know you have the flu, so that the appropriate accommodations can be made.

If you have flu symptoms, should you come to campus?

As with any seasonal flu or communicable disease, you should try to limit contact with others to contain the spread of the disease. It is best if you remain at home until you are better and no longer infectious.

What about classes and other academic obligations?

Evaluate your obligations for the next week and where necessary contact your instructors directly to apprise them of your situation and to arrange an appropriate accommodation – e.g., accessing course material electronically, excused attendance, submitting papers or other coursework via e-mail, re-scheduling a test, performing an alternative assignment, etc.

If you have been in contact with someone who has been confirmed as having Influenza A (H1N1), should you quarantine yourself at home or in your room?

No. Only people who develop flu symptoms should remain at home until they are better and no longer infectious.

If you are planning on traveling, are there any special precautions you should take?

Please refer to CDC's website for "Outbreak Notice: Novel H1N1 Flu: Global Situation" at <http://www.cdc.gov/travel/content/outbreak-notice/novel-h1n1-flu-global-situation.aspx>.

What to do if your roommate is ill with the flu?

A person with the flu is contagious (able to infect others) for 24 hours before they even know they have the flu (before symptoms of flu begin) so it is possible you have already been exposed. But to decrease further risk, consider following these precautions.

- If at all possible maintain a distance of 6 feet from your ill roommate. The virus drops out of the air between 3 and 6 feet after a person coughs.
- Wash your hands frequently and avoid touching your face mouth or eyes.
- Frequently clean commonly touched surfaces.

Will the school provide the H1N1 vaccine to students when it becomes available?

The College is presently on a waiting list to receive the H1N1 vaccine. Those at highest risk will have the option or receiving the vaccine first. These groups as identified by the CDC include: Pregnant Women, Caregivers of infants younger than 6 months, health care workers, those with immunocompromised conditions (ie. Asthma, diabetes, lupus). And others aged 6 months – 24 years of age. For more information about priority groups for vaccination, visit www.cdc.gov/h1n1flu/vaccination/acip.htm.

It is recommended that everyone (particularly those with chronic diseases that place them at risk for complications from all flu viruses (both “seasonal (regular) flu and the new H1N1) receive the seasonal flu vaccine in addition to the H1N1 vaccine (when available).

FACULTY/STAFF FAQs

You have flu symptoms or have been advised by your healthcare provider that you have the flu. What should you do about work?

As with any seasonal flu, you should follow the advice of your healthcare provider and stay at home until you feel better and are no longer infectious. Be sure to call work and let them know that you are out sick with the flu.

What should you do, if you are in one of the high risk groups for severe complications from Influenza A (H1N1)?

If you are in one of the high risk groups for severe complications from Influenza A (H1N1), which include pregnant women, those with respiratory disease (asthma, COPD), heart disease, diabetes, renal disease, morbid obesity or who have compromised immune system or are on chronic aspirin therapy, please consult with your healthcare provider. Keep updated on the availability of the H1N1 vaccine at your local medical provider, and get the vaccine if possible. You should then talk to your supervisor about any concerns raised and possible solutions to reduce your risk.

If you have been in contact with someone who has been confirmed as having Influenza A (H1N1), should you quarantine yourself at home?

No. Only people who develop flu symptoms should remain at home until they are better and no longer infectious.

If you are planning on traveling, are there any special precautions you should take?

Please refer to CDC’s website for “Outbreak Notice: Novel H1N1 Flu: Global Situation” at <http://www.cdc.gov/travel/content/outbreak-notice/novel-h1n1-flu-global-situation.aspx>