

FLU AWARE

an update for faculty, staff and students

September 28, 2009

Clearing up some confusion

Are you feeling overwhelmed with all of the flu information that's out there? What makes it even more confusing is that some of the info conflicts with other things you've heard. Here's what you need to know, from our perspective:

Avoid presenteeism

If your family member is ill with H1N1, you should stay home for four days to make sure you haven't contracted the virus. If you don't get sick, you can return.

If you become ill with H1N1, you need to stay home for seven days at a minimum, and shouldn't return unless you've been fever-free, without meds, for 24 hours. Our decision is based on the fact that, even if you don't work directly with patients, we all come into daily contact with people who do. So in this case we're applying the CDC guidelines for healthcare workers to our entire college.

Sick leave accrual is so you'll leave when you're sick

If you are expected to stay home, and you have any problems in terms of leave balances, contact the college's HR office. There are arrangements that can be made to your sick leave to ensure that you can stay home without it becoming a financial hardship.

Students - if you're sick please contact the Office of Education. There are plans in place to make sure you have access to coursework and can make up missed labs. Keep in touch with us and let us know if you need anything.

H1N1 Confirmation

If you or a family member has flu-like symptoms, you can assume it's H1N1. There's no need for a confirmation test because, whether it's this flu or that flu, the treatment is the same. Fluids, rest and fluids, fluids, fluids.

One thing is crystal clear . . .

The best way to protect yourself, your family, your coworkers and anyone else you come into contact with is to follow these basics:

- Wash your hands often
- Don't touch your eyes, nose or mouth unless you've just washed your hands
- If you cough, cough into your elbow
- Wipe down hi-touch surfaces daily
- Protect your immune system by taking care of yourself

From the desk of:

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Good ol' Elmo

Kids are among the most vulnerable to H1N1 infection so Elmo is joining the fight against the flu. The government worked with Elmo to create a public health campaign advising kids to regularly wash their hands, avoid rubbing their eyes, mouth and nose, and to sneeze into their arms to "keep happy and healthy on Sesame Street." Take a look:

<http://www.flu.gov/psa/>

Boyd's Best

My pick for best flu website is the CDC's:

<http://www.cdc.gov/h1n1flu/>

They've got it all - maps, audio & visual, social media links and applications, and even info about how to care for a sick person.

Have questions? Email:

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