

**SLCC H1N1 FLU PROCEDURES
FOR STUDENTS AND EMPLOYEES
10/02/2009**

Please note that SLCC will continue to provide updated information to the College community as new information is received. This procedure supersedes all previous communications.

SLCC is dedicated to minimizing H1N1 flu's impact on the College and students and provides the following information and guidelines:

FLU PREVENTION

The best way to treat the flu is to avoid becoming infected at all. The *Centers for Disease Control (CDC)* recommends simple steps in decreasing the transmission of the flu virus and increasing your chances to stay healthy:

1. Stay informed. Visit the CDC web site at www.cdc.gov/flu
2. Cover your nose and mouth with a tissue when you cough or sneeze. Discard the tissue after you use it.
3. If you do not have a tissue, sneeze or cough into the sleeve of your shirt not into your hands. Flu virus has to be transmitted by droplets and sneezing into the fabric of your sleeve will help reduce transmission.
4. Wash your hands often with soap and water, especially after you cough or sneeze and do not touch your face or eyes.
5. Avoid close contact with sick people. If you become sick, stay home until you are free fever for more than 24 hours without the use of fever-reducing medications.

FLU SYMPTOMS

The symptoms of novel H1N1 flu virus are similar to the symptoms of seasonal flu, so be aware of the common flu symptoms. Influenza usually starts suddenly and may include a combination of the following symptoms:

- Fever (usually high)
- Chills
- Headache
- Tiredness or fatigue (can be extreme)

- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Diarrhea and vomiting (also reported by a significant number of people who have been infected with this virus)

NOTE: *It is unlikely that a cough or sore throat alone would be due to the H1N1 flu.*

If you are experiencing a combination of these symptoms that include a fever you may be infected. Contact your healthcare provider for medical direction.

FLU TREATMENT

For the upcoming flu season, health care providers will not be screening for the H1N1 virus except in people who are at high risk of developing complications if they become infected. However, if you know you have been in contact with someone with diagnosed H1N1 flu, or if you are suffering from the symptoms listed above, contact your healthcare provider for instructions.

If you are in a high risk category, you will likely be prescribed antiviral medications. If you are not part of a high risk group, you may simply be asked to stay home, rest, and drink lots of liquids.

RETURN TO SCHOOL OR WORK

CDC recommends that individuals with influenza-like illness, as described above, remain at home and away from other people until at least 24 hours after he/she are free of fever (100° F or higher) without the use of fever-reducing medications.

If you are an employee of SLCC, contact Human Resources for information about leave options while you are off work.

By following these guidelines, you can help minimize the impact that H1N1 and other illnesses we may have at SLCC.

FLU VACCINATIONS

Seasonal Flu Vaccinations:

One of the best ways to protect against flu is to get vaccinated each year. As always, a vaccine has been available this year to protect against seasonal influenza. Health and Wellness Services have been providing flu shots for students, staff and faculty on campus at the Taylorsville Redwood, Jordan, and South City Campuses since mid-

September. We still have some seasonal influenza doses left for administration, so come in early!

H1N1 Flu Vaccinations:

SLCC is working closely with Salt Lake Valley Health Department to determine if the vaccine will be available on campus or if students, staff and faculty will be required to visit mass vaccination sites around the valley. At this point, starting the week of October 5th, there will be a limited supply of nasal spray vaccine that can only be given to healthy individuals (Without immune system problems) within the following priority groups

- Healthy persons ages 2-24 years old.
- Healthy healthcare, paramedics or EMTs up to 49 years old*
- Healthy adults through 49 years old who care for children less than 6 months old.

** Healthcare workers should check with their agency to determine if nasal spray vaccination is allowed. Hospital personnel will not be vaccinated at these clinics.*

At the following locations:

Salt Lake Valley Health Department's four major clinics:

South Main Public Health Center

3690 South Main Street
Salt Lake City, Utah 84115

Ellis R. Shipp Public Health Center

4535 South 5600 West
West Valley City, Utah 84120

Salt Lake City Public Health Center

610 South 200 East
Salt Lake City, Utah 84111

Southeast Public Health Center

9340 South 700 East
Sandy, Utah 84070

Note: More providers will be added in the coming weeks as more flu vaccine becomes available. Visit the Utah Flu Vaccine Locator for more locations throughout the state.

For more in-depth information, including future H1N1 vaccine distribution and administration, you may also wish to visit Salt Lake Valley Health Department at:

<http://www.slvhealth.org/h1n1/vaccine.html>

And will also be available at www.slcc.edu in the coming weeks.

IF YOU HAVE QUESTIONS

If you have additional questions, please contact one of the individuals listed below:

Craig Gardner, Human Resources 801-957-4600	Employee/HR Related issues
Michelle Neeshan, Health & Wellness 801-957-4351	Student issues
Nancy Sanchez, Risk Management 801-957-4041	General flu-related environmental health and safety questions