

H1N1 Protocol for Students at Eastern Wyoming College

The following update was taken from the Wyoming Department of Health website on September 8, 2009:

Swine flu (novel H1N1) is a new influenza virus strain spreading around the world and causing illness in much the same way as the more common seasonal flu viruses we see in Wyoming every year. It's worth paying extra attention to, but should be no cause for great fear at this time. Symptoms include fever, cough, sore throat, body aches, headaches and fatigue, and sometimes diarrhea and vomiting. Because swine flu is new, there may be more illness over the coming months than usual. Using the same common-sense actions that help protect you and your family from seasonal flu every year is the best strategy to fight swine flu.

Swine (novel H1N1) Influenza Cases in Wyoming: 225 lab-confirmed cases (9/25/2009)

This count reflects cases confirmed by specialized lab testing as the swine (novel H1N1) flu strain. WDH expects the number of actual infections around the state to be higher because many ill persons do not seek medical care or are not tested specifically for the swine flu strain.

Signs and Symptoms of Seasonal Flu and the 2009 H1N1 Flu:

- Fever
- Cough
- Body Aches
- Runny Nose
- Sore Throat
- Nausea
- Headache
- Tiredness
- Vomiting or Diarrhea

Prevention Responsibilities:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. If you do not have a tissue available, cough or sneeze into your elbow or shoulder.
- Wash your hands often with soap and water, especially after you cough or sneeze.
- Avoid touching your eyes, nose or mouth.
- Try to avoid close contact with sick people.
- Sanitize shared objects in your home, and classroom

If you are sick, stay home

- If you are sick, please stay home and away from other people until at least 24 hours after you no longer have a fever (100 degrees Fahrenheit) or signs of a fever (have chills, feel very warm,

have flushed appearance, or are sweating). This should be determined without the use of fever-reducing medications (any medicine that contains ibuprofen or acetaminophen).

- Students living in the residence halls should tell the Director or Assistant Director of Residence Life that they are sick.
- If you are able, communicate with your academic advisor and instructors via email, LancerNet or Blackboard to establish conditions and rules for catch-up work for classes.

It is anticipated that the vaccine for the **seasonal flu** will be available around the end of September. The vaccine for the **H1N1 flu** is anticipated to be available mid-October. Persons with existing medical conditions should consider receiving both vaccinations upon consultation with their health care provider.

Links to the Wyoming Department of Health website and to the Center for Disease Control website will be placed on LancerNet and the EWC Website.

<http://wdh.state.wy.us/>

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

Students should consider compiling the following items to have available should they become sick:

- Fever reducing medication ******(please see warning listed below)
- Tissues
- A bleach based wipe to disinfect commonly touched surfaces
- Thermometer

*******Students – please be careful when using fever-reducing medications and over-the-counter cold and flu medications so that you do not over-medicate yourself. Check the ingredients on the package label to see if the medication already contains acetaminophen or ibuprofen before taking additional doses of these medications – don't double dose. Students should also consider avoiding taking aspirin. Avoid taking acetaminophen or ibuprofen or over-the-counter medications containing those ingredients if you have an allergy to them.