

# Keeping Your Campus Healthy: Influenza Overview and How to Prepare for the Upcoming Flu Season

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# What is Influenza?

## Flu (Influenza)

- Occurs every year, usually November to March
- Different strains of flu virus circulate each year
- Immunity if strain specific and flu vaccine is different every year

## H1N1

- Novel H1N1 appeared in United States in April 2009
- First called Swine Flu
- Will probably occur all year long

# Flu transmission, symptoms, treatment and prevention

<b>How is the flu transmitted?</b>	<ul style="list-style-type: none"> <li>• Sick people shed virus from their nose and throat from one day before the onset of symptoms to about one week after</li> <li>• Primarily spread through respiratory droplets</li> <li>• May also be transmitted through contact with contaminated surfaces, followed by touching your eyes, mouth or nose</li> </ul>
<b>What are the symptoms of the flu?</b>	<ul style="list-style-type: none"> <li>• Rapid onset of fever over 100<sup>o</sup></li> <li>• Cough and/or sore throat</li> <li>• Headache, body aches, chills and/or fatigue</li> <li>• Diarrhea, vomiting, shortness of breath have been reported more frequently with H1N1 than with seasonal flu</li> </ul>
<b>How is the flu treated?</b>	<ul style="list-style-type: none"> <li>• Rest, fluids, fever control</li> <li>• Treatment typically the same for either seasonal or H1N1</li> <li>• Anti-viral medicine may be recommended for those who are very young, very old or who may have other health problems</li> </ul>
<b>How can the flu be prevented?</b>	<ul style="list-style-type: none"> <li>• Vaccination most effective way to prevent flu</li> <li>• Wash hands often with soap and water or an alcohol-based hand sanitizer</li> <li>• Stay home when you're sick</li> <li>• Cover your cough or sneeze with a tissue or your upper sleeve</li> <li>• Don't share drinks, food, utensils or anything that goes in or near the mouth</li> </ul>

# When to seek emergency medical care for the flu

Get medical care right away if a person sick with the flu exhibits any of the following symptoms:

- Has difficulty breathing or chest pain
- Has purple or blue lip discoloration
- Is vomiting and unable to keep liquids down
- Has seizures (e.g., uncontrolled convulsions)
- Is less responsive than normal or becomes confused
- Has signs of dehydration such as dizziness when standing, absence of urination, or in infants, a lack of tears when they cry

# Flu Vaccines

## Seasonal Flu Vaccine

- Became available in September
- Available as injection or nose spray
- Everyone recommended to get a seasonal flu vaccine unless a specific contraindication exists
- Shortages have been reported

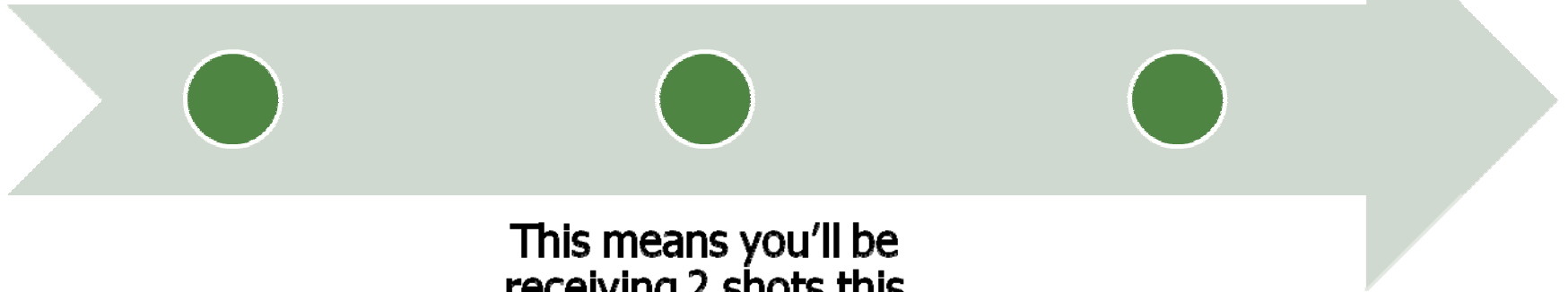
## H1N1 Vaccine

- Shipments to states began in mid-October
- Recommended that everyone get immunized—has never been available before
- Initial target groups are: pregnant women; all 6 month through 24 year olds; those in close contact with children less than 6 months old; individuals 25-64 with high risk conditions; healthcare and EMS personnel
- Expected to be available as injection or nose spray; only one dose will be needed
- Supply will be limited initially
- Can be given at same time as seasonal flu vaccine

# Are both vaccines needed?

You do need both—  
seasonal and H1N1  
vaccines are not the  
same

Getting both  
vaccines is the best  
way to protect  
yourself



This means you'll be  
receiving 2 shots this  
fall to fully protect  
yourself from both  
the seasonal and  
H1N1 flu

# Recommended strategies for addressing flu

## Current Flu Conditions

- Facilitate self-isolation of residential students with flu-like illness
- Promote self-isolation at home by non-resident students, faculty and staff
- Encourage high-risk students and staff to speak with their health care provider
- Discourage campus visits by ill persons
- Encourage hand hygiene and respiratory etiquette
- Establish schedules for routine cleaning
- Review policies for specific student populations, such as those studying abroad

## Increased Severity in Flu Conditions

- Permit high-risk students, faculty and staff to stay home when the flu is spreading in the community
- Increase social distances and consider whether to suspend or modify public events
- Extend the self-isolation period (e.g., recommend people stay home for at least 7 days after the onset of their symptoms)
- Consider suspending classes

# Deciding on a course of action

# Decision-makers and stakeholders

Are all the right decision-makers and stakeholders involved?

- Local and state health, education, and homeland security agencies
- Campus health services and mental health services
- Campus emergency managers and security staff
- Student affairs and residential life staff
- Communications staff
- Physical plant staff
- Food services staff
- Students
- Faculty
- Community representatives
- Students' families

# Information Collection and Sharing

Can local or state health officials determine and share information about the following:

- Numbers of and trends in outpatient visits, hospitalizations, and deaths for flu-like illness
- Percent of hospitalized patients requiring admission to intensive care units (ICUs)
- Groups being disproportionately affected
- Ability of local health care providers and emergency departments to meet increased demand
- Availability of antiviral drugs, hospital beds, staff, ICU space, and ventilators for flu patients

What is your institution's policies about the following:

- Student, faculty, and staff absenteeism rates
- Number of visits to the campus health service
- Bed availability for student self-isolation
- Severity of illness among affected staff and/or students

# Feasibility and acceptability

Do you have the resources to implement the strategies being considered?

- Funds
- Personnel
- Equipment
- Time
- Legal authority or policy requirements
- Communication channels

Have you determined how to address the following challenges to implementing the strategies?

- Public concern about flu
- People who do not feel empowered to protect themselves
- Lack of public support for the strategy
- Secondary effects of strategies (e.g., job security, financial support, health service access and educational progress)

# Additional Issues to Consider

- How to get as many students as possible immunized for both seasonal and H1N1 flu?
- How to enforce the need to practice proper hand washing and cough protocols?
- How to get students to understand the importance of seeking on-campus health services or other medical attention if not feeling well?
- How to get students to self-isolate?
- How to reiterate to students that anti-virals will only be needed and prescribed to those that have underlying medical problems or are severely ill?

# Conclusion

Please remember...



Encourage everyone to get the annual seasonal flu vaccine and H1N1 vaccine when they become available

For more information regarding  
AllOne Health's Pandemic Planning Services,  
please contact us at  
800-350-4511  
or visit us at [www.allonehealth.com](http://www.allonehealth.com)