

Guidelines for the Prevention and Management of Novel H1N1 Influenza Virus in Residences at Brock University

August 31, 2009

Understanding the Spread of the H1N1 Virus

Influenza and other respiratory infections are transmitted from person to person when the viruses enter the nose and/or throat. Coughs and sneezes release droplets containing virus into the air where they can be breathed in by others. Viruses can also rest on hard surfaces like counters, railings and doorknobs, where they can be picked up on hands and transmitted to the respiratory system when someone touches his/her mouth and/or nose. The virus can last for up to 48 hours on hard surfaces.

Prevent the Spread and Protect Yourself from H1N1

- Wash hands thoroughly with soap and warm water, or use hand sanitizer, before and after eating; after sneezing and coughing; after using recreation or other common equipment; and after using the toilet.
- Sneezing or coughing should be done into a tissue which will be immediately disposed of, or into your arm or sleeve. Never sneeze into your hands.
- Clean common surfaces daily. Use a disinfectant to clean surfaces (particularly around a person who is sick with influenza).
- Do not share personal items or drinks.
- Nod hello instead of shaking hands, hugging or kissing.
- If you are sick, do not go to class or any other gathering.

All students are asked to PREPARE and BRING a “Flu Kit” with you

- Acetaminophen, Ibuprofen (do not use Aspirin)
- other non-prescription drugs and other health supplies/remedies/medicines for upset stomach/nausea, cough and/or cold, etc.
- Water and fluids with electrolytes (Eg. ‘sports drink’)
- Hand sanitizer
- Thermometer
- Disinfecting and cleaning supplies, tissues

All students are asked to GET A FLU BUDDY

Discuss with your roommates, floor-mates, unit-mates and/or friends and establish a list of “Flu Buddies”. A Flu Buddy should be able to:

- Pick up flu buddy info kit at Residence Service Desk (this will include Student Health Services guidelines and a few masks - for sick student and buddy)
- Check on you once a day
- Place a garbage receptacle near you for tissue disposal
- Get you a “sick tray”
- If you are unable to find a Flu Buddy, contact your Don for suggestions

All students are asked to SELF-MONITOR by considering the following questions:

- Do you have a new cough, or one that has become worse?
- Are you feeling feverish? If so, take your temperature.
- Are you short of breath?
- Have you been in contact with anyone who has the above symptoms or a confirmed case of H1N1 in the past 7 days?

Recognize and Watch for Symptoms

- Fever (temperature of 38 C [100 F] or greater)
- Fatigue
- Coughing or sore throat
- Head and body aches
- Tiredness
- Some cases of vomiting and diarrhea

If you have symptoms:

All students who have symptoms consistent with those noted above are to:

- **Leave** the class as soon as you feel ill
- **Contact** your parents/guardians regarding going home
- **Stay** in your room

If you are ABLE to manage your symptoms:

- The best place to be is home. (When going home, please do not take public transportation.)
- Please let us know by signing-in at my.brocku.ca, click on the “Got Flu” channel to indicate that you are ill and whether you are GOING HOME, or STAYING.
- Notify your professors, but do not worry about your classes. You will be able to complete your course material when you are better.

ALSO, if ill with the above symptoms, all residence students are to contact the Residence Service Desk (either the North Service Desk at x3706; or South Service Desk at x4311):

- The Residence Service Desk will need to know if you are ill and GOING HOME or STAYING IN RES.
- Contact your Flu Buddy
- If you are going home, remember to sign-in to the “Got Flu” channel on the my.brocku.ca portal upon your return. Also, let the Service Desk know you are back.

If you are STAYING IN RES:

- The Residence Service Desk will want to know who is checking on you (your Flu Buddy).
- Ask your Flu Buddy to check in with the Residence Service Desk to receive the information kit and mask.
- If you are unable to find a Flu Buddy, contact your Don for suggestions

If you are UNABLE to manage your symptoms (if you are in extreme pain, can't breathe and need urgent care):

- Call 911 or go to the emergency room
- Have someone contact your Residence Don

If your symptoms are less severe and/or you have questions regarding your health:

- Call Telehealth Ontario at 1-866-797-0000
- or your family physician
- or Student Health Services (x3243) if during business hours
- If you think you need to be seen medically and SHS is open, call x3243
- If SHS is not open, go to the Emergency room or walk in clinic (Service Desk staff and Dons Have information)

NOTE: Pregnant women and individuals with pre-existing chronic disease should contact their health care provider as soon as they become ill.

All Students who are staying in residence with flu like illness are to SELF-ISOLATE

The contagious period for H1N1 begins one day before the onset of symptoms and continues for approximately 7 days after symptoms have started. Individuals will not be permitted to go to class or participate in any group activities until 24 hours after the fever has gone (without the use of a fever-reducing medicine). Keep away from others as much as possible to avoid spreading the illness.

Students with roommates:

- Limit exposure by maintaining a distance of more than one metre. physical barriers between beds, using sheets or curtains.
- Wear a mask if necessary to go within less than one metre of an ill student. • Limit exposure to ill roommate
- Arrange beds so that students lie head to toe relative to each other... or create a temporary

Stay in Contact with your Flu Buddy. If you, or your Flu Buddy, think your health is deteriorating, contact your Don, and see a physician.

If persons with flu like illness must leave their home or residence room (for example, to seek medical care or other necessities) they should cover their nose and mouth when coughing or sneezing. A surgical loose-fitting mask can be helpful for persons who have access to these, but a tissue or other covering is appropriate as well.

ONCE YOU ARE WELL (24 hours of being fever free, without medication; although, a cough may persist for several days longer):

- Sign-in at my.brocku.ca, click on the “Got Flu” channel to indicate you are recovered
- Contact Residence Service Desk, to inform that you are recovered
- Return to classes
- Contact your professors about catching up on any outstanding work