

**SLCC H1N1 FLU PROCEDURES
FOR STUDENTS AND EMPLOYEES
10/13/2009**

*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 the H1N1 flu's impact on College students and employees. The following information and guidelines are provided for your use:

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 in 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. The flu virus is 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 fever free for more than 24 hours without the use of fever-reducing medications.

FLU SYMPTOMS

The symptoms of the 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 flu-like illness 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 not, you may simply be asked to stay home, rest, and drink lots of liquids.

RETURN TO SCHOOL OR WORK

The 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 they 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 is available this year to protect against seasonal influenza. Health and Wellness Services has been providing flu shots for students and employees at the Taylorsville Redwood, Jordan, and South City Campuses since mid-September and is now out of stock. If you have not yet been vaccinated for seasonal flu and wish to do

so, please call “211” or visit the Utah Flu Vaccine Locator website at: <http://health.utah.gov/immu/apps/flu/index.php> for additional information.

H1N1 Flu Vaccinations

SLCC is working closely with the Salt Lake Valley Health Department to determine if the H1N1 vaccine will be available on campus or if students and employees will be required to visit mass vaccination sites around the valley. Starting the week of October 5, 2009, 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
(Healthcare workers should check with their agency to determine if nasal spray vaccination is allowed. Hospital personnel will not be vaccinated at these clinics.)
- Healthy adults through 49 years of age who care for children less than 6 months old

H1N1 flu vaccinations are currently available at the Salt Lake Valley Health Department's four major clinics:

South Main Public Health Center
3690 South Main Street
Salt Lake City, Utah 84115

Salt Lake City Public Health Center
610 South 200 East
Salt Lake City, Utah 84111

Ellis R. Shipp Public Health Center
4535 South 5600 West
West Valley City, Utah 84120

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.

IF YOU HAVE QUESTIONS

For more in-depth information, including future H1N1 vaccine distribution and administration information, you may also wish to visit the Salt Lake Valley Health Department web site at: <http://www.slvhealth.org/h1n1/vaccine.html>.

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

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