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# Action Steps for Students, Faculty, and Staff to Prepare for & Prevent the Spread of Flu

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## OVERVIEW

With the 2009 H1N1 swine flu virus continuing to cause illness, hospitalizations and deaths in the US during the normally flu-free summer months, there is some uncertainty about what the upcoming flu season might bring to Bay College and the community at large. This flu season could be worse than “normal.” The Center for Disease Control & Prevention (CDC) has taken important steps in preparing and educating us on the possible outcomes. The following includes recommendations to assist Bay College staff, students and faculty plan for a healthy school year.

## PREVENTION: THE BEST CURE

The following highlights everyday actions to “fight the flu” and protect yourself from getting sick:

- 1 Practice good hygiene.** Wash your hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaner dispensers are located throughout campus including all entry points, computer labs and food/ vending areas. **Please use!** Regularly wipe commonly touched surfaces such as keyboards and telephones.
- 2 Cover your mouth and nose with a tissue when you cough or sneeze.** If you don't have a tissue, cough or sneeze into your elbow or shoulder; not into your hands.
- 3 Increase social distances.** Limit close contact with others. Maximize space between people in classrooms such as moving desks farther apart, leaving empty seats & using distance learning methods.
- 4 Stay home if you are sick with flu symptoms: a fever or chills AND a cough or sore throat.** Return to campus only after 24 hours of no fever (100 degrees F/38 degrees C) or signs of a fever (chills, feel very warm, flushed appearance, sweating). This should be determined without the use of fever-reducing medications (any medicine that contains ibuprofen or acetaminophen).
- 5 Take time to get vaccinated.** The CDC recommends flu vaccinations for seasonal flu and/or novel H1N1 flu when it becomes available. This is especially important for people at high risk or in close contact with others.

### *Flu-like symptoms include:*

- Fever
- Headache
- Extreme tiredness
- Dry cough
- Runny/stuffy nose
- Muscle aches
- Sore throat
- Vomiting
- Diarrhea

### *To learn more about current flu conditions and Bay College's pandemic response plan visit:*

- [www.baycollege.edu](http://www.baycollege.edu) (campus safety link)
- [www.cdc.gov](http://www.cdc.gov)
- [www.flu.gov](http://www.flu.gov)
- [www.phdm.org](http://www.phdm.org)

## PREPARATION: FOR STUDENT SUCCESS

- **Advise sick students, faculty, and staff to stay at home.** Stay in your residence until at least 24 hours after the fever breaks without the use of medicine.
- **Discourage participation if sick.** Sick students, faculty, staff, members of the public and sick visitors should be encouraged not to attend campus events.
- **Establish a method for maintaining contact with students, staff & faculty whom are sick.** Make contact as deemed necessary to ensure communication of required results. This may include phone calls, email, text or distance learning methods.
- **Prepare ahead for the possibility of illness.** Plan to continue your work at home (e.g., assignments, Web-based lessons, phone calls, emails, etc.) as necessary. Have a support structure and backup plan in place that allows continuity of your requirements at work, school and home.

