

Student Health Services
H1N1 and Seasonal Influenza Plan
The University of Louisiana at Monroe
Fall 2009-Spring 2010

PURPOSE: The purpose of the Influenza Plan is to provide information and resources to the faculty, staff and students of the University of Louisiana at Monroe. The goal of this plan is to reduce the risk of the spread of influenza while considering the benefits of keeping students in the classroom. Student Health Services recognizes the highest risk population for the H1N1 influenza is those between the ages of 5-24. Due to the risk of our student population, we have developed the following plan to assist in the diagnosis, treatment and evaluation of students reporting to SHS with symptoms and/or confirmation of Influenza A/B.

Educational Opportunities: Instructions regarding risk factors, symptoms and prevention of the spread influenza will be provided to the faculty, staff, students, and parents through Student Affairs.

1. Communication and instruction regarding influenza at the annual Residential Hall meeting held on August 23, 2009.
2. Distribution of hand sanitizers and information on the topic of H1N1 and regular influenza to students living in residential halls.
3. Information to Residence Assistants and Hall Directors regarding influenza prevention and identification will be provided.
4. Posting of hand washing guidelines through-out the resident halls.
5. Education and training scheduled September 22, 2009, "FLU: What you don't know can kill you," by Student Health Services.
6. Web information regarding the prevention, availability of treatment, and reducing the risk of spreading influenza, through-out the semester.
7. Post flyers and posters from the CDC in Residence Halls.
8. Develop trailer-courses (8 week courses at end of semester available on-line).

Identification and Treatment: Student Health Services will implement the following practices in an effort to keep students, faculty, and staff healthy during the current flu season.

1. Encourage good hand and respiratory hygiene through education of residence halls, internet communication, and flyers.
2. Provide communication and instructions to students encouraging prompt medical attention if they have a medical condition that places them at higher risk of flu-related complications or development of severe symptoms.

3. Offer and administer influenza vaccine to faculty, staff, and students in early September as recommended by CDC. ULM is applying to become a Point of Distribution (POD) site in conjunction for the Office of Public Health-Region 8 Northeast Regional Office.
4. Provide immediate testing for influenza A/B of students reporting with symptoms, and treatment if necessary.
5. Protocol for students testing positive for influenza will be treated and given the following instructions.
 - a. Advise self-isolation. Students will be excused from classes for 7 days or until fever free for 24 hours without the benefit of antipyretics.
 - b. Infected students that are currently living on campus will be encouraged to return to the family home.
 - c. Students that are living on campus with a roommate and unable to return to family home will be evaluated for alternate housing.
 - d. Follow-up phone call to students removed from class and follow-up visit to SHS before returning to class to assure resolution of symptoms.
 - e. Roommates of the sick student will be contacted and advised regarding preventive treatment.
 - f. Faculty of student will be notified by SHS, to monitor class for symptoms of influenza and to report if class attendance is decreasing over the next 14 days.
 - g. SHS will log each case, provide a follow-up call and encourage return visit to evaluate for outbreaks of influenza.
 - h. Classes with decreasing number will be reported to academic and student affairs to evaluate the need for closing class on a temporary basis.
 - i. Identify separate free standing house to be used as a quarantine location for students, if needed.

Action Steps by Academic and Student Affairs: In the event that the flu becomes more severe, the following additional strategies will be considered.

1. Permit students, faculty, and staff at higher risk of complications from flu to stay home, if there is increasing numbers of students missing classes due to flu.
2. Activate the School of Nursing faculty and student nurses to assist the ULM Student Health Center in treatment and monitoring residence students.
3. Encourage faculty to increase social distances in classes.
 - a. Move desks farther apart.
 - b. Leave empty seats between students.
 - c. Using distance learning methods.

- d. Moving to larger classrooms to allow more space between students.
- 4. Work closely with local public health officials to evaluate the need to suspend classes. If classes are suspended, CDC recommends doing so for at least 5-7 days.
- 5. Administration may choose to keep offices open for faculty and staff; however students will be directed to stay at home or in their residence.
- 6. If classes are suspended, all institution-related large gatherings should be canceled or postponed.
- 7. International students who do not have access to alternative housing should stay on campus and limit contact with other people.

Action Steps for Faculty, Staff, and Students:

- 1. Provide educational information regarding prevention of the spread of flu.
 - b. Cover your mouth and nose with a tissue when coughing or sneezing. Cover coughs or sneezes using the elbow or shoulder instead of hands when tissue is not available.
 - c. Wash hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.
 - d. Frequently clean work and living quarters. If living together with other students, frequently clean commonly-used surfaces such as doorknobs, refrigerator handles, remote controls, computer keyboards, countertops, faucet handles, and bathroom areas.
 - e. Plan to monitor your health by checking for fever and other symptoms of flu.
 - f. Talk with health care providers about high risk complications from flu.
- 2. ULM Emergency Management Group will prepare for the possibility of suspension of classes, if needed.
 - a. Plan to continue work through alternative teaching methods. (e.g. homework packets, web-based lessons, phone calls).