

Wayne State College

1111 Main Street

• Wayne, Nebraska 68787

• www.wsc.edu

• Member of the Nebraska State College System

2009/2010 Flu Season Guidance

What to do if you think you have influenza/H1N1:

Symptoms:

- 1) Fever of 100 degrees or more **AND**
- 2) Cough **OR**
- 3) Sore Throat
- 4) Could also have: body aches, no energy, runny nose, no appetite, upset stomach, throwing up and diarrhea

If you **HAVE** these symptoms contact Student Health (402-375-7470) or your physician or health care provider.

People at higher risk for flu complications include pregnant women and people with chronic medical conditions (such as asthma, heart disease, or diabetes). If you are at higher risk for flu complications you should receive the seasonal flue and the H1N1 flu vaccines when it becomes available. For more information about priority groups for vaccination, visit www.cdc.gov/H1N1flu/vaccination/acip.htm For the most up-to-date information on flu, visit www.flu.gov, or call 1-800-CDC-INFO (232-4636).

Flu Care:

- **Any student exhibiting flu-like symptoms** should go to his/her permanent home if he/she lives close enough to do so and remain away from other people until he/she no longer has a fever over 100 degrees or any sign of a fever (chills, feel warm, flushed appearance, sweating).becoming well.
- **If the student lives on campus**, he/she should contact the RA and roommate(s) and make them aware of his/her departure home.
- **If the student cannot go home and remains on campus**, Wayne State has implemented policies to assist a student who is experiencing flu-like symptoms.
 - **Please contact WSC Student Health office daily before 4:00PM Mon – Fri to provide an update on your condition (APPLIES ONLY TO STUDENTS LIVING ON CAMPUS WHO HAVE NOT RETURNED TO THEIR HOME)-if you don't contact the Student Health office daily someone from that office will be contacting you via the phone number provided on the chart. Daily phone calls will stop once influenza like signs/symptoms have progressively improved. You may contact student health office personnel at 402-375-7470.**
 - **Self-isolation:** The sick student should self-isolate in his/her room. Limit contact with others and try to maintain a distance of at least six feet from people. If close contact cannot be avoided or when leaving his/her room to use the bathroom, the sick student should wear a mask.
 - **Masks:** Residence Life will supply a mask(s) at hall desks for the students who are ill.
 - **Sick meals:** The sick student can request a meal be brought to his or her room. A friend or roommate may take the sick student's WSC ID card to the dining service where the checker will give a container to the friend or roommate to select food items to take back to the sick student.

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Additional Guidelines

- Stay home or in your residence and minimize human contact until at least 24 hours after you are free of fever without the use of fever-reducing medicines.
- Frequently clean commonly-touched surfaces.
- Notify instructors via email that you are ill and unable to come to class.
- Wash hands frequently with soap and water or use hand sanitizers containing ethyl alcohol.
- Cover your nose and mouth when coughing, sneezing; cough into your sleeve and use tissues to contain secretions. Avoid touching your eyes, nose, and mouth.
- Treat the symptoms. For: fever, aches, pains and chills - take Tylenol (acetaminophen) or Advil (ibuprofen); coughing - use Delsym, Q-Tussin DM or Mucinex; nasal congestion - use Sudafed or other oral decongestant, avoid nasal spray; and sore throat - warm salt water gargle (1/2 tsp salt to 8 oz water), Cepacol throat lozenges, or Chloraseptic throat spray.
- Decrease or stop smoking if possible.
- Drink six or more glasses of water each day.
- Eat and maintain a good diet.
- Get adequate rest.
- Finish and complete all prescribed medication.
- If you are unable to travel home, contact a friend and establish a “flu buddy”; agree to check on and care for each other if one of you becomes ill.
- Get vaccinated against seasonal flu and H1N1 flu, when vaccine is available in your area.
- If you are at higher risk for H1N1 flu complications you should receive the H1N1 flu vaccine when it becomes available.
- Stay informed. Listen to reliable sources, not rumors.
 - www.cdc.gov
 - www.nmpha.org
 - http://www.wsc.edu/newscenter/flu_information/

Emergency Warning Signs. Seek medical attention if you experience:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough

Contact Information:

- Wayne State College Student Health Office: 402-375-7470 (Monday-Friday, 8:00AM-5:00PM)
- Wayne Mercy Medical Clinic: 402-375-2500 (Monday-Friday, 8:00AM-5:00PM)
- Providence Medical Center (Wayne Hospital): 402-375-3800