

## 2009-H1N1 Virus Resident Information Sheet

The World Health Organization provides the following guidelines in limiting the spread of the H1N1 virus:

If you feel unwell, have high fever, cough or sore throat:

- stay at home and keep away from work, school or crowds;
- rest and take plenty of fluids;
- cover your nose and mouth when coughing and sneezing and, if using tissues, make sure you dispose of them carefully. Clean your hands immediately after with soap and water or cleanse them with an alcohol-based hand rub;
- if you do not have a tissue close by when you cough or sneeze, cover your mouth as much as possible with the crook of your elbow;
- inform family and friends about your illness and try to avoid contact with other people;
- If possible, contact a health professional before traveling to a health facility to discuss whether a medical examination is necessary.

### Treatment and Response

The majority of individuals who contract this virus will not need to seek a doctor's treatment. Students who are ill with flu should remain at home or in their room for 24 hours after they are fever-free (and without medication that would lower temperature). A mild, lingering cough may occur. Barring any other flu symptoms, this cough should not prevent students from returning to class.

If you have been in contact with someone who has the flu, onset of the virus can take up to three days. If you experience any flu symptoms within this time period, please stay home to limit the spread of the virus. If you are pregnant or if you have a chronic medical condition such as diabetes, cancer, asthma, heart or lung problems, or a weakened immune system, you should consult with your physician or Student Health to see if Tamiflu is needed.

### Medication and Vaccinations

Generally, Tamiflu is prescribed for individuals with flu who are either hospitalized, have a chronic medical condition (as listed above, under Treatment and Response), or have a suppressed immune system. Tamiflu for influenza is not a cure and only reduces symptoms and decreases length of recovery time by about 24 hours.

### Notify Housing & Residential Education

Housing & Residential Education staff asks that you self report if you are experiencing symptoms using the Illness Self Report Form on our website ([www.housing.utah.edu](http://www.housing.utah.edu)). If you do not have internet access please notify Housing & Residential Education by contacting your Residential Education Coordinator:

RJ Chittams	Chapel Glen & Gateway Heights	801-587-2918, <a href="mailto:rjchittams@housing.utah.edu">rjchittams@housing.utah.edu</a>
Angie Shewan	Sage Point	801-587-2954, <a href="mailto:ashewan@housing.utah.edu">ashewan@housing.utah.edu</a>
Meredith Larrabee	Benchmark Plaza & Shoreline Ridge	801-587-2910, <a href="mailto:mlarrabee@housing.utah.edu">mlarrabee@housing.utah.edu</a>
Amanda Morley	Officers Circle	801-587-2953, <a href="mailto:amorley@housing.utah.edu">amorley@housing.utah.edu</a>
Nicola Saliendra	Downtown Commons	801-587-2945, <a href="mailto:nsaliendra@housing.utah.edu">nsaliendra@housing.utah.edu</a>

We can assist you in making a plan to go home if you live nearby or to temporarily reassign you to a different living area if you do not live in a single room.

Please limit your contact with others if you do not feel well, at least 6 feet away.

Housing staff will be contacting you regularly if you remain on campus. You will need to notify your REC (listed above), when you come back to campus if you go home.

### **Dining**

By utilizing the H1N1 Self Report on our main website, you will be given the option to indicate whether or not you need to utilize the Meal Buddy system. A Meal Buddy is a symptom free friend who is willing to pick up a prepackaged meal for you from the Crimson Corner. We also have 3 day Flu Kits available.

### **Classes**

You may contact the Dean of Students Office, 801-581-8061, and alert them that you are sick and they will send out a notice to your professors. You will need to follow up individually with your professors. It is the professor's full discretion as to whether they allow you to make up assignments or tests missed.

### **24 hours Symptom Free...**

The Center for Disease Control Guidelines state that you should isolate yourself from others for until 24 hours AFTER you no longer have a fever.. Please follow these guidelines to limit the spread to the community.

### **Resources**

Student Health (801-581-6431) call BEFORE going to the clinic or call your physician BEFORE you go.