

Updated: 09/22/09

Pacific Union College

Health Services

H1N1 Update:

INTENT:

Pacific Union College continues to be proactive in the prevention of illness on its campus. We are working as a multidisciplinary team to provide preventative education, early detection, and appropriate treatment of any/all medical conditions with the H1N1 influenza (formerly called swine flu) being no exception.

Although we have not seen a case of this type on our campus we are doing everything we can to lessen the impact that this novel influenza strain may have on our population.

We will be implementing the following protocols from the Center for Disease Control recommendations of 2009. These components comprise the most updated and current information available.

BACKGROUND:

This strain of flu was first detected in the United States in April 2009. (The 1976 strain of swine flu is not the same configuration.) It is transmitted person-to-person by way of large droplets from the infected individual's mouth and or nose and can also live on hard surfaces from 2-8 hours. It has been found that the virus lives for 1-7 days in the respiratory tract of the infected individual. It can be most effectively killed by heat (167-212F) but is also susceptible to soap, chlorine, hydrogen peroxide, and ethyl alcohol products.

EDUCATION:

Our health services department is dedicated to the education of the individual to become an active member in their preventative health care. We will use all available resources to educate and update our population on the prevention, spread, and treatment of H1N1. Please refer to our website www.puc.edu/healthservices which includes additional informational links. Educational sessions will be on-going as more information becomes available to our office. You can also access the Center for Disease Control website at www.cdc.gov/h1n1flu.

PREVENTION:

Our office will be offering the influenza vaccine when it becomes available to us for distribution. Please look for email updates or call our office at (707) 965-6339. It is estimated that the H1N1 vaccine will be released sometime in October 2009 with limited distribution through Napa County Public Health Department only. It is not clear at this time how much will be released and who gets priority vaccinations. Using current guidelines if you fall into one of the following categories it is recommended that you receive the H1N1 vaccine. Remember that this is a 2 series vaccine several weeks apart and should be given in addition to the seasonal flu vaccine already in distribution.

Individuals that should consider getting the seasonal flu vaccine currently in distribution are:

- Children under age 5 and pregnant women
- Persons 65 years and older

- Persons under 18 years of age who are currently receiving long-term aspirin therapy
- Adults(over 18) and children with chronic heart, lung, liver, blood, nerve, or digestive disorders
- Adults(over 18) and children with immune deficiencies including AIDS
- Those caring for the elderly or ill

(Please note that the above individuals are also at high risk for complications from the H1N1 virus if contracted).

What can you do to stop the spread of influenza?

- 1) Wash your hands often. It is important to wash for at least 20 seconds or use an alcohol-based hand sanitizer. Be vigilant after coughing or blowing your nose, and before eating.
- 2) Germs are carried through droplets from the mouth and nose. Cover your cough in the crook of your elbow and avoid touching your eyes, nose, and mouth. (It is important to note that the virus can infect others 24 hours before symptoms are present, so prevent the spread even before you feel sick!).
- 3) If you cough or blow your nose flush tissue in the toilet. Throwing tissue in a wastebasket stirs up the spores and releases them into the air.
- 4) Open windows and air out your rooms frequently. Germs do not like cold surfaces.
- 5) Have your own first aid kit. It should minimally include:
 - a. Cough syrup
 - b. Tylenol/Ibuprofen
 - c. Hand sanitizer
 - d. Antibacterial tissues
 - e. Thermometer
 - f. Surgical masks
- 6) Avoid close contact with sick individuals.
- 7) Avoid crowds, limit travel, and use social distancing whenever possible.
- 8) If someone you are living with is sick you can go to school/work but should monitor potential symptoms daily. These individuals should discuss antiviral treatment with their primary care provider.

TREATMENT:

If you suspect that you have the flu it is important that you isolate yourself from others and do the following:

- 1) Stay home for at least 24 hours after your fever has resolved. This means that you have not taken any fever-reducing medication for that length of time.
- 2) Drink 6 8oz. glasses of water a day
- 3) Eliminate any milk products (yogurt is the only exception)
- 4) Avoid coffee and caffeinated products
- 5) Eliminate sweets
- 6) Eat simple foods such as soups, cooked vegetables, rice
- 7) Take medications as prescribed
- 8) Take hot showers for body aches
- 9) REST

If your symptoms are severe and/or persistent seek medical care. It is requested that faculty and staff see their own primary care physician and students are to access health services. The symptoms are:

- 1) Sudden fever/chills

- 2) Sudden sore throat
- 3) Fatigue
- 4) Runny nose
- 5) Headache
- 6) Vomiting and diarrhea

The following warning signs may need urgent medical attention:

- Difficulty breathing or shortness of breath
- Chest pain or abdominal pressure
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms that improve but then return with a fever and a worse cough

Every effort will be made to isolate ill students from the general population until they can return home and/or their symptoms have resolved. (See treatment section item #1).

Coordinated efforts will be implemented for accessing food and supplies where needed.

When possible, alternative teaching methods will be provided.

ADDITIONAL RESOURCES:

Centers for Disease Control www.cdc.gov/h1n1flu
World Health Organization www.who.int/csr/disease/swineflu/en/index.html
Napa County Health Department www.co.napa.ca.us/publichealth
California Dept. of Public Health www.cdph.ca.gov
Napa County Seasonal/H1N1 Hotline (707) 253-4540

Health Services

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<http://www.puc.edu/campus-services/health-services/home>

Each week the Center for Disease Control (CDC) analyzes information about the influenza disease activity in the United States and publishes findings of key flu indicators in a report called FluView(<http://www.cdc.gov/flu/weekly/>). During the week of September 20-26th elevated activity remains. Here is a summary of the most recent key indicators:

1) Visits to doctors has increased overall in many areas in the United States (see www.cdc.gov/flu/weekly/index.htm#OISmap).

2) Hospitalization rates for lab-confirmed influenza are higher than expected for this time of year for both children 5-17 and adults 18-49 years of age.

3) Deaths based on 122 Cities Report was low and within the bounds of what is expected at this time of year.

4) 27 states are reporting widespread activity at this time which include California.

5) Almost all viruses identified so far are 2009 H1N1 influenza A viruses. These remain similar to the virus chosen for the 2009 H1N1 vaccine.