



THE H1N1 FLU AND YOU

Dear Students, Faculty, Staff and Patrons of Barton Community College:

You are likely very aware that the country is preparing for a significant incidence of H1N1 influenza (formerly known as the “Swine flu”). Our communities and our College are similarly taking proactive steps to confront the challenges this flu season may present.

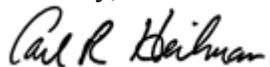
As you may know, flu can be spread easily from person to person. Therefore, we are taking steps to prevent the spread of flu at Barton Community College but **we need your help** to accomplish this.

We are working closely with our local County Health Departments as well as the Kansas Department of Health and Education to monitor flu conditions and make decisions about the best steps to take concerning our institution and those that we serve. Be assured that we are doing everything we can to keep our institution operating as usual.

Detailed information from Barton’s Student Health Services Office can be found at <http://bartonccc.edu/current/collegesvcs/oncampus/studentsvcs/campusnurse.html> This information will help to better inform our students, faculty, staff and patrons about precautionary measures, flu symptoms, possible action that may be taken in the event the flu season becomes more severe, and additional resources that you may find helpful in gaining additional knowledge about this very important issue.

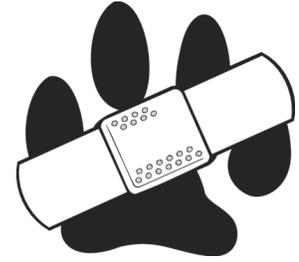
Please take a few minutes to read this information and implement all precautionary measures to help protect yourself and others. Thank you.

Sincerely,



Carl R. Heilman
President

Message from Nurse Kathy



We have been consumed with media releases and information concerning the H1N1 influenza.

There are many concerns and fears due to this media frenzy.

I assure you that I will be closely monitoring the situation and will provide updates as needed.

I have taken this opportunity to provide you with some information that hopefully will be useful to you in the event that you, a roommate or a family member becomes ill with the influenza.

We have no indication how bad this strain of the influenza will be.

The best protection that individuals can provide for themselves as well as others is to take all the precautions and make them routine in their lives.

We need to take control and can achieve this by being alert and aware of ourselves and others around us. We need to be diligent in our efforts to take all the necessary precautions and make them our daily routine. Following the guidelines provided will be our **FIRST** line of defense.

It is up to us to take the necessary actions to be pro-active and keep ourselves healthy. We all need to do our part.

If at any time you have questions or concerns please contact me. I will answer to the best of my ability or find an answer for you. You can contact me at my office---620-792-9233 or by email

brockk@bartonccc.edu

Together we will make this work! Stay healthy.

Kathy

WHAT IS THE H1N1 FLU?

H1N1 Flu (formerly known as the swine flu), is a flu virus that is a very contagious respiratory illness. Unlike the seasonal flu, the H1N1 flu symptoms can last up to one week longer. The initial fever generally lasts only a few days.

HOW DOES THE H1N1 FLU SPREAD?

The H1N1 flu spreads in the same way the seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing and sneezing of people with flu. Sometimes people may become infected by touching something with flu viruses on it and then touch their nose or mouth. The virus can actually survive up to 8 hours on objects or surfaces.

WHEN IS SOMEONE WITH H1N1 CONSIDERED INFECTIOUS AND HOW LONG BEFORE AN EXPOSED PERSON CAN BECOME ILL?

Infected individuals may be able to infect others beginning 1 day prior to the onset of symptoms and up to 7 or more days after becoming sick. That means you may be able to pass on the flu to someone else before you are aware YOU are sick, as well as during the time you are ill.

The incubation period is generally 3-4 days after contact with an infected person, but it can take up to 7 days.

TRIVIA INFORMATION

You cannot get H1N1 from eating pork. The seasonal flu vaccine does NOT protect you from the H1N1 flu. However, it is the best protection you can get from the seasonal flu.



The actions YOU take can help slow the spread of flu and reduce its impact. Prevention is the BEST medicine.



GOOD HABITS FOR PREVENTION

The virus spreads from person to person when an infected person coughs, sneezes, or touches items others use.

Simple things you can do to protect yourself and others.

CLEANING YOUR HANDS IS THE SINGLE BEST STEP THAT CAN BE TAKEN TO PREVENT THE SPREAD OF INFLUENZA.

- ❖ **Wash your hands often with soap and warm water for 20 seconds. Alcohol based hand sanitizers may be used. Rub the gel into the hands until dry.**
- ❖ **Don't touch your eyes, nose or mouth without first washing your hands. This is the easiest way for the virus to get into our systems. If you are unable to wash your hands, use the back side of your hand to touch your face.**
- ❖ **Avoid close contact with people who are ill. Maintain at least 6 feet of distance.**
- ❖ **Practice good health habits. Plenty of sleep, be physically active, manage stress, drink plenty of fluids and eat properly.**
- ❖ **Disinfect items people frequently touch. This includes door knobs, keyboards, faucets, remote controls, phones and switches. Use a household disinfectant or chlorine bleach wipes.**
- ❖ **Get an influenza vaccine.**

❖ **Avoid smoking. It may increase the risk of serious complications from the flu.**

Most individuals with influenza are able to remain at home through the course of their illness. They can be cared for by family members or others who might live with them.

It will be essential for us to be able to recognize the symptoms of influenza.

SYMPTOMS OF INFLUENZA

- Sudden onset of illness**
- Fever higher than 100.4 F**
- Chills**
- Cough**
- Headache**
- Sore throat**
- Stuffy nose**
- Muscle aches**
- Feeling of weakness and/or exhaustion**
- Diarrhea, vomiting, and/or abdominal pain (occurs more commonly in children)**



COMPLICATIONS FROM INFLUENZA

Watch for complications of influenza. Complications are more common in individuals with health conditions such as diabetes, heart, and lung problems, but may occur in anyone who has the flu.

Seek medical attention with any of the following:

- ❖ **Fast breathing or trouble breathing**
- ❖ **Bluish or gray skin color**
- ❖ **Coughing up blood**
- ❖ **Unable to take enough fluids, not urinating or no tears when crying**
- ❖ **Severe or persistent vomiting**
- ❖ **Not waking up or not interacting correctly, confusion**
- ❖ **Pain or pressure in the chest**
- ❖ **Sudden dizziness**
- ❖ **Convulsions or seizures**
- ❖ **Flu like symptoms improve but then return with fever and worse cough**
- ❖ **Infants younger than 2 months with fever, poor feeding, urination less than 3 times per day or other signs of illness**
- ❖ **Infant or toddler so irritated does not want to be held**



MEDICAL CONDITIONS CONSIDERED “HIGH RISK”

INCLUDE:

Pregnancy

Diabetes

Heart Conditions

Kidney Disease

Disease or treatment that suppresses the immune system

**Chronic lung disease: asthma, emphysema, bronchitis. cystic fibrosis
Also include infants under the age of 6 months**

CARE IF YOU ARE ILL...

Anyone living with an individual with influenza can become infected. It is important for those who are ill to protect others. Here are some useful ways to prevent the spread of illness.

- Stay at home if you are sick. If you are running a temperature of 100.5 F, isolate yourself at home until you have been fever free for 24 hours without the use of anti-fever meds. For this is typically about 5 days from onset of symptoms.**
- If you are ill and must leave home for medical care, cover your mouth and nose with a tissue. A surgical mask if available may be used.**
- Cover your mouth and nose when coughing and sneezing, use tissues or the bend of your arm instead of your hands.**
- Use tissues to contain the mucous and watery discharge from the mouth and nose.**
- Dispose of tissues in the nearest waste receptacle after use or carry a small plastic bag for used tissues.**
- Wash hands with soap and water or use an alcohol based hand sanitizer after covering your mouth for a cough or sneeze, after wiping or blowing your nose, and after handling contaminated objects and materials, including tissues.**
- Keep distance from others by avoiding crowds, limiting travel and working from home if possible.**



In addition:

- Get plenty of rest**
- Drink clear fluids---water, broth, sport drinks or electrolyte beverages**

HELPFUL TIPS IF YOU RESIDE WITH SOMEONE WHO HAS THE INFLUENZA

Keep as much distance as possible from the ill individual. Limit other people's contact with the one who has the flu. Only people who are essential for care or support should enter the room or home.



Designate one person as the main caregiver for the ill person. Ideally this person should be healthy and not have medical conditions that could place them at risk for severe influenza disease.

Watch yourself and others in the house for possible flu symptoms. If symptoms are noted, seek medical attention as soon as possible.

If you have questions, contact your healthcare provider or in the event of a pandemic utilize hotlines that will be established.

Wear masks. May be useful in decreasing the spread of influenza when close contact (within 3 feet) is necessary. If you chose to wear a mask, for it to be effective, it must be worn at all times when in close contact with the ill individual.

Wash hands with soap and water for 20 seconds or use alcohol based sanitizer. Rub well until gel dries.

Don't touch your eyes, your nose or mouth without first washing your hands.

Wash soiled dishes and eating utensils either in a dishwasher or by hand with warm water and soap. It is not necessary to separate eating utensils used by the ill person.

Laundry can be washed in a standard washing machine with warm or cold water and detergent. It is not necessary to separate soiled linen and laundry used by the person with influenza from the other household laundry. In order to avoid contamination, do not “hug” the laundry. Wash hands with soap and water after handling soiled laundry.

Place tissues used by the ill person in a bag and throw away with other household waste. Consider placing a bag at the bedside for this purpose.

Disinfect items people touch like door knobs, toys, keyboards, faucets, remote controls, phones and light switches. Use a household disinfectant or chlorine bleach solution.



PREVENTING DEHYDRATION

During illness, it is important to consume enough fluids to prevent dehydration.

Steps that can be taken to provide the necessary hydration.



If there is NO Vomiting:

You need to drink fluids even if you do not feel thirsty. If you are caring for an individual offer the fluids.

Small amounts of fluid should be taken frequently. Every 15 minutes minimum. It is important to start the fluids early in the illness so the dehydration is actually prevented. Regular urination is a good indicator of good hydration.

If solid foods are not being taken, include fluids that contain sugars and salts, such as:

Broth or soups

Ginger ale and other sodas, but not diet drinks

Rehydration solution to prevent dehydration. Includes Pedialyte and Gatorade.

Homemade Recipe for Rehydration Solution

4 c. clean water

2 tablespoons of sugar

½ teaspoon of salt

Mix the above ingredients until the sugar dissolves.

If there IS Vomiting:

Do not give any fluid or food by mouth for at least one hour or until the vomiting subsides. Let the stomach rest. Next, take a clear fluid, like water, in very small amounts.

Providing Hydration when Vomiting is Present.

Do not give any food or fluid by mouth for at least one hour after vomiting ceases.

Start with one teaspoon to one tablespoon of clear fluid every 10 minutes.

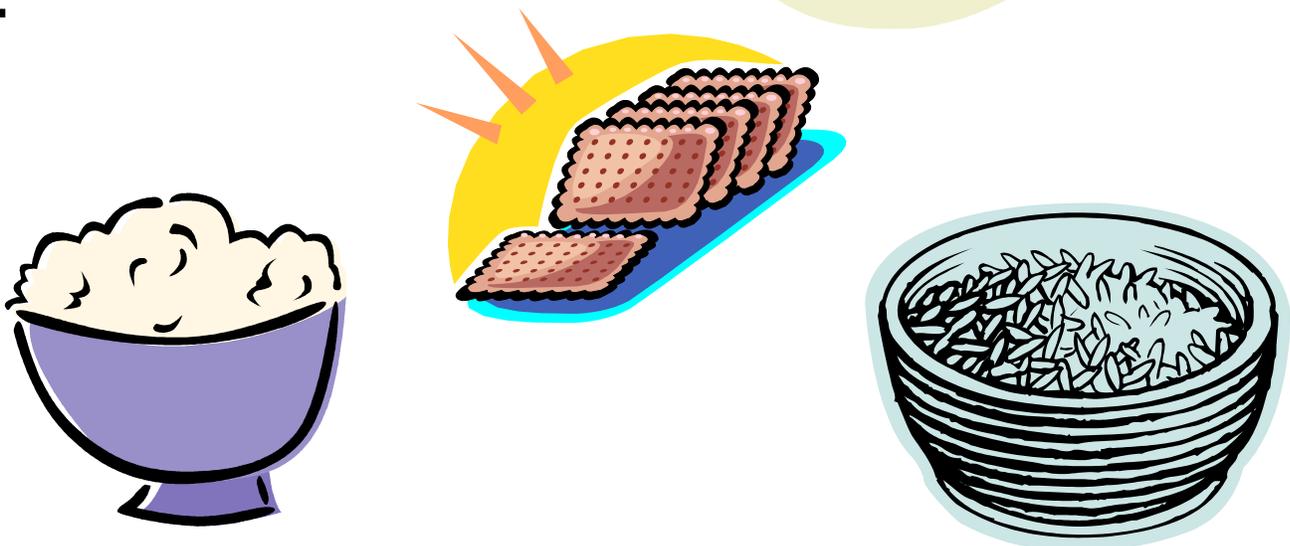
If vomiting occurs, let the stomach rest again for an hour.

Again try to give small frequent amounts of clear fluid.

When the vomiting has ceased, gradually increase the amount of fluid offered and use fluids that contain sugars and salts.

After 6-8 hours of a liquid diet without vomiting present, add solid food that is easily digested, such as saltine crackers, soup, mashed potatoes and rice.

Gradually return to a regular diet.



RECOGNIZING AND TREATING DEHYDRATION



Watch for signs of dehydration :

Weakness or unresponsiveness

Sunken eyes

Decreased saliva/dry mouth and tongue

Decreased output of urine----dark urine is a

sign of concentration. Urine should be light in color. Ill individuals who are getting enough fluids should urinate at least every 8-12 hours.

Skin tenting:

This can be checked by picking up the layers of skin between your thumb and forefinger and gently pinching for 1 second. Normally, the skin will flatten out in to its usual shape right away. If dehydration is present, the skin will “tent” or take 2 or more seconds to flatten out. Best checked on the belly of a child and on the upper chest of an adult.

If dehydration is present, give sips or spoonfuls of fluid frequently over a 4 hour period. Watch for increase in urination, a lighter color of the urine and improvement in overall condition. These are signs the increased fluids are working.



Children under 5 years: give 1 ounce fluid per pound body weight over 4 hours. (Ex. 20 lb. child needs 20 oz. or 2-3 cups over 4 hours.)

Older children and adults will need 1-2 quarts of fluids over the first 4 hours.

Dehydration in infants and the elderly can be dangerous, seek medical attention immediately if the symptoms continue to worsen.

KEEPING CHILDREN HOME FROM SCHOOL

Use the diagram below as a guide to help with making decisions about whether or not to send children to school. These guidelines are useful for daycare, school and any activity where there will be exposure to other children.



****DURING FLU OUTBREAKS****

I should keep my child home when he or she....

- ✓ **Appears ill**
- ✓ **Is abnormally pale**
- ✓ **Is unable to comfortably participate in regular activities**



- ✓ **Is sweaty (when the weather is not hot)**
- ✓ **Has a temperature when it is not hot outside and has not been physically**

active (A temperature is over 100.4 F by mouth, or 102 F rectally, or 100 F under the arm, or 102 F in ear. Do not take the temperature of a child under age 4 in the mouth.)

- ✓ **Has a cough or sneezing that is not normal for the child**
- ✓ **Complains of pain in ears, throat, head or chest**



- ✓ **Has thrown up in the past 12 hours or had 2 or more episodes of diarrhea in the past 24 hours**

HOW TO DETERMINE TO RETURN TO WORK/SCHOOL



The following guidelines can be used to determine whether it is safe or not to return to work/school after recovering from the influenza.

CURRENT CRITERIA FOLLOWING THE SEASONAL INFLUENZA

- **At least 5 days have passed since the symptoms of illness began**
And
- **Fever has resolved and has not been present for at least 24 hours without using anti-fever medicines.**
And
- **Cough is improving (decreasing in frequency and amount of secretions with no associated chest discomfort or shortness of breath)**



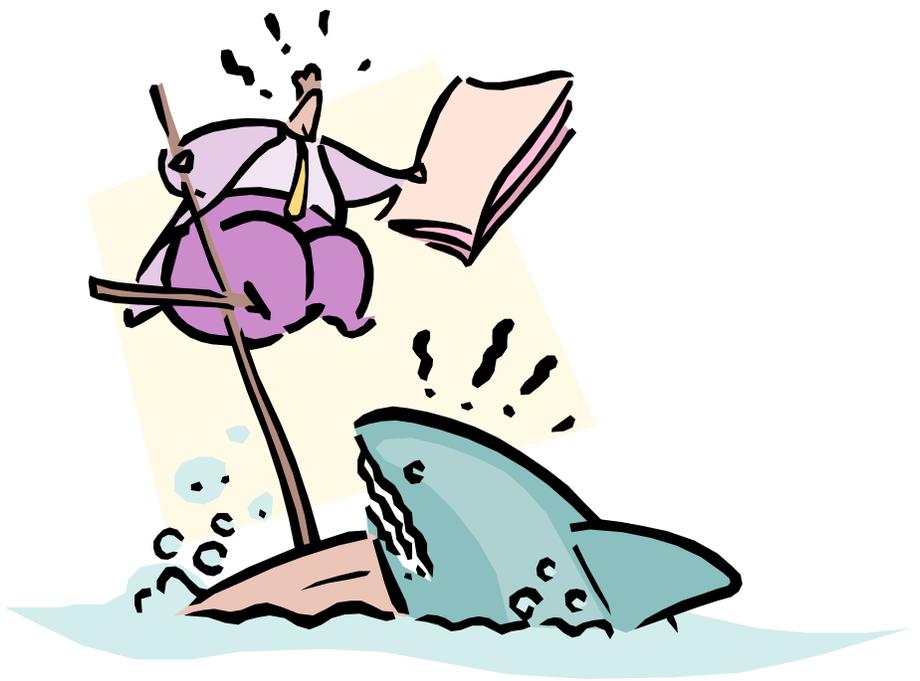
Upon returning to work/school, continue following cough etiquette and hand washing protocols.

The same recommendations will be followed for the H1N1 influenza. High risk individuals with H1N1 influenza should follow recommendations of their medical contacts.

**DURING A
PANDEMIC.**

**DO
NOT**

PANIC



DURING SERIOUS ILLNESS.....

Utilize a care log to record information about the person ill with H1N1 influenza at least once a day, or more often as symptoms change, along with the date and time. This info will assist the healthcare provider in determining how the individual is progressing.

CARE LOG SHOULD INCLUDE THE FOLLOWING:

- Check and record the patient's temperature.**
 - Check and record the patient's skin color (pink, pale, or bluish) and note the presence and appearance of any rashes.**
 - Record the approximate quantity of fluids consumed each day and through the night.**
 - Record how many times the ill person urinates each day and the color of the urine (clear to light yellow, dark yellow, brown or red)**
 - Record all medications, dosages and times given.**
-
- **Keep the ill person as comfortable as possible.**
 - **Rest is important.**
 - **Keep tissues and a trash bag for their disposal within the reach of the patient.**
 - **Make sure the patient avoids drinking alcohol and using tobacco. There should be no smoking in the home.**
 - **Use ibuprofen or acetaminophen for fever, sore throat, and general discomfort. Use bottle directions.**
 - **Do NOT use aspirin in children or teenagers with influenza because it can cause Reye's syndrome, a life-threatening illness.**



CARING FOR MENTAL HEALTH DURING A PANDEMIC

Things to remember when trying to understand an influenza outbreak or pandemic:

- **It is normal to worry about yourself and your family's safety.**
- **Everyone is touched by an influenza outbreak or pandemic.**
- **Grief and anger are normal reactions.**
- **Focusing on your strengths will help you heal.**
- **Everyone has different needs and different ways of coping.**



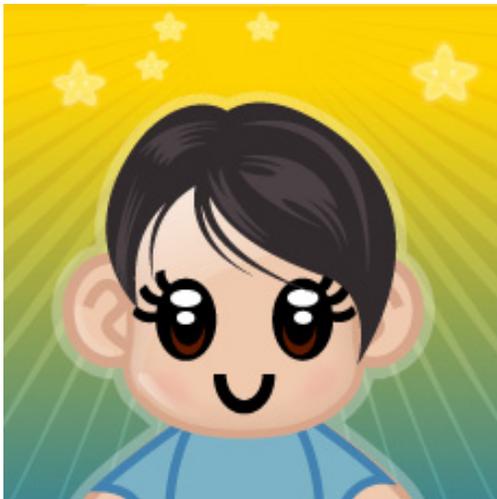
Common reactions that may occur during an influenza outbreak or pandemic:

- ❖ **Difficulty talking, sleeping, walking and concentrating.**
- ❖ **Increased irritability.**
- ❖ **Depression, sadness, mood swings and crying easily.**
- ❖ **Feelings of helplessness.**
- ❖ **Worries about loss of income and job protection, especially if asked to stay at home for an extended period of time.**
- ❖ **Concern about those who depend on you for care.**
- ❖ **Fears of separation from life activities.**
- ❖ **Feeling a lack of control, especially when control is entirely in the hands of others.**
- ❖ **Increased boredom.**

MAINTAIN A HEALTHY MIND

How to keep healthy when staying at home:

- **Keep to your usual routines, as much as possible.**
- **Have activities on hand to prevent boredom (games, toys, books, etc) and keep your mind active.**
- **Keep your living space as comfortable as possible.**
- **Get plenty of sleep, try to exercise, eat healthy and relax.**



Pay attention to children:

- ✓ **Let children know it is okay to feel upset when something scary happens.**
- ✓ **Encourage children to express feelings and thoughts, without making judgements.**
- ✓ **Enjoy your child and take part in activities together.**
- ✓ **Turn off the TV and radio, especially if the news makes you worried. If you are worried your child will sense it.**

**RECOMMENDATIONS
FOR
BARTON STUDENTS
WITH
FLU LIKE ILLNESS**



IF YOU ARE FEELING ILL, CHECK WITH THE STUDENT HEALTH NURSE.



- Do not attend classes if running fever 100.5F. Check with Student Health.**
- If you have a fever and need to leave your room or home for medical assistance----Cover your nose and mouth with a kleenex or wash cloth. If you have been provided a surgical mask, wear it.**
- Self-isolate. Remain in your room and or home for duration of illness. (Generally about 5 days is required. Do not leave until you have been fever free for 24 hours without the use of fever reducing medications.)**
- Limit number of individuals around you. Only those necessary should be around you and then they should maintain a distance of 6 feet from you.**
- Campus housing----ask a room-mate or friend to deliver your meals to you. Arrangements can be made only through Student Health for the Food Service to fix a boxed meal for anyone ill.**

RECOMMENDED ITEMS TO KEEP ON HAND IN THE EVENT YOU BECOME ILL

- **Tylenol or ibuprofen**
- **Clear fluids---bottled water and gateraide**
- **Soups---can of chicken noodle**
- **Kleenex**

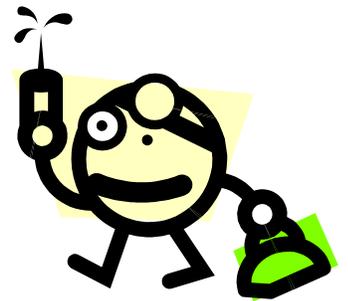
FOLLOW ALL PROVIDED MEDICAL INSTRUCTIONS TO TREAT YOUR ILLNESS.

- **Treat fever---take Tylenol or ibuprofen as directed.**
- **Drink plenty of fluids. A minimum of 8-8 ounce glasses per day.**
- **Eat healthy. Initially food may not be appealing. Do not force yourself to eat. Appetites generally resume in a few days and you will be able to eat.**
- **Most important is to take adequate fluids during the first few days of illness.**
- **Get plenty of rest. 8 hours of sleep or more**
- **Maintain social distancing from others----Limit the number of people you have close contact with and inform your friends to keep distance while you are ill. Phone calls are a good way of keeping in touch with you.**

REPORT YOUR ILLNESS TO STUDENT HEALTH OR BE SEEN BY THE STUDENT HEALTH NURSE

The contact with Student Health will provide you with the following services:

- ❖ **Information forwarded to instructors and coaches**
- ❖ **Illness status checks**
- ❖ **Campus housing---Information regarding meal service**



It will also provide the college a method of tracking illness.

IF YOU ARE INFORMED YOU MAY HAVE THE H1N1 INFLUENZA BY STUDENT HEALTH OR YOUR PHYSICIAN:

It is the recommendation of the Health Department and the college that if you live within driving distance of the college, you return home during the duration of your illness.

RETURN TO CLASS AND NORMAL ACTIVITIES

You may resume normal activities and class attendance once you have had no fever for 24 hours without the use of fever reducing meds.

WHAT YOU CAN DO TO PREVENT THE SPREAD OF GERMS AND VIRUSES

Keep your living environment clean.

Germs and viruses can live up to 8 hours on objects and surfaces.



Environments that are loved by germs and can play a major role in illness:

- **Damp or wet clothing and/or towels**
- **Bedding---wash on minimum every 2 weeks**
- **Eating utensils and drinking cups**
- **Sink counters----remove all clutter to assist in the cleaning of sink surfaces**
- **Bathroom---keep all clutter out of bathroom areas so they can be properly cleaned**
- **Trashcans---dispose of all trash promptly, especially if it contains food products, to the trash dumpsters**

FOLLOWING ILLNESS:

- **Open the window and ventilate and air out your living environment**
- **Wash bedding, towels and washcloths and clothing worn while ill**
- **Throw out your toothbrush and purchase a new one**
- **Wash all eating and drinking utensils**

RESOURCES

<http://pandemicflu.gov>

<http://pandemicflu.gov/plan/individual/index.html>

<http://www.cdc.gov/>

<http://who.int/en/>

<http://www.kdheks.gov/index.html>



ACKNOWLEDGEMENTS

Center for Disease Control

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American College Health Association

Barton County Health Department

INFORMATION IN THIS BOOKLET HAS BEEN PROVIDED BY :

BARTON COMMUNITY COLLEGE

STUDENT HEALTH SERVICES

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Nurse Kathy

