H1N1 – Swine Flu Virus – DVC Fall 2009

We are writing to inform the campus community about information on H1N1 (Swine) Flu and about College wide cooperation that may be needed this fall.

H1N1 or Swine Flu is gaining a great deal of attention worldwide. The United States is currently producing a large number of vaccines, but it is still unclear how much will be produced and just when the delivery date will be. There is growing concern that there will be outbreaks of H1N1 flu prior to the arrival of these vaccines. In addition, much has been learned about this strain of flu, so that what was recommended to schools/colleges on how to handle outbreaks last year is very different from what is being recommended this year. For instance, when H1N1 began to spread in schools last year, the recommended course of action was the possible shut-down of the entire school or college if H1N1 was present. That approach is not the recommendation of the CDC and State Health agencies this year. Also last year testing for H1N1 was deemed to be of utmost importance, this year, once H1N1 flu is found in a community there is little need for further testing.

There are a couple of good sites that we recommend you look into if you want to get measured and accurate information about H1N1 flu. Two sources of information include:

- cdcinfor@cdc.gov
- Health 101 (link is on the DVC portal)

H1N1 symptoms:
H1N1 symptoms are; fever (with temperature of 100 degrees or more) and cough, sore throat, running and stuffy nose. Other symptoms may include: body aches, headache, fatigue, chills, diarrhea and/or vomiting. You should avoid close contact with others for seven days after your symptoms begin or until you have been symptom free 24 hours, which ever is longer. **It is recommended that if you think you have H1N1 flu, you should stay at home or stay in your residence hall. In addition please be in contact with the Student Health Center.**

Everyone should also do the following:
- Cover your mouth & nose with a tissue when you cough, or sneeze into your elbow.
- Wash your hands often with soap and water or use an alcohol-based hand gel.
- Avoid touching your eyes, nose or mouth
- Avoid contact with ill persons.

Vaccination:
CDC has recommended that certain groups of the population receive the 2009 H1N1 vaccine when it first becomes available. These groups include pregnant women, people who live with or care for children younger than 6 months of age, health care and emergency medical services personnel, persons between the age of 6 months and 24 years old, and people ages of 25 through 64 years of age who are at higher risk for 2009 H1N1 because of chronic health disorders or compromised immune
At DVC we will need the help and understanding of many parts of the campus community to help us minimize the impact of H1N1. Areas would include:

- Student Affairs (includes RAs, ACs, & Roommates)
- Faculty
- Athletics
- Housekeeping
- Food Service
- Health Services

The 3-prong community approach to the potential issues surrounding the outbreak of the H1N1 flu on campus is as follows:

1. Communication
2. Isolation
3. Cleaning

Communication:

All members of the community who are ill need to contact the Health Services Dept. (215-489-2252). Resident students should do that in person and commuter students should certainly call Health Services and let them know. In addition all college personnel should let their supervisors know if they have the symptoms mentioned above. It would also be good to let the Student Health Center know when employees are out because of the H1N1 symptoms. There also needs to be communication between students and professors if they contract the flu.

Isolation:

Isolation is the key way to attack the problems that H1N1 present to a community like ours. Commuters who are sick need to stay home. Professors who are sick should not come in to teach. Staff members who are sick should not come to work. Resident students who are sick should go home if they live nearby or simply stay in their room and have roommates RA’s or other students get them food. Athletes should not continue practicing or playing and should isolate themselves as outlined above. Again, this isolation and course of individual action needs to be communicated to other parts of the campus.

Cleaning:

Personal habits as mentioned above are of utmost importance. All doorknobs, desks, public phones, eating places, computer key boards, bathrooms, weight rooms, locker rooms, classrooms, meeting rooms, will need extra cleaning.

Communication, isolation, and cleaning can all help minimize the impact of H1N1 on our community.

Let’s be sure to work together to help stave off the most serious consequences of an H1N1 outbreak at Delaware Valley College. We will try to update the community as the semester unfolds. By the way, we do not currently have any diagnosed H1N1 flu on campus.
If you have any questions, please contact the Health Services Dept. at 215-489-2252.