

## San Diego Mesa College

### Student Health Services

#### H1N1 Classroom Guidelines

Student Health Services (SHS) has reporting requirements for positive influenza A/H1N1 cases on campus. Part of our responsibilities include reporting positive influenza A/H1N1 cases to our College President, Dr. Rita Cepeda and Vice Chancellor of Student Affairs, Lynn Neault. Here's where we need your help:

If a student reports to you that they have been diagnosed with H1N1 (swine flu) or had a positive influenza A test, please call Suzanne Khambata FNP in Student Health at 619-388-2774.

1. Include in your report the student's:
  - a. Name
  - b. CSID number
  - c. Current phone number
  - d. Class they were attending, name of class, room number of class
  - e. How many students were in the class
  - f. The date when this student last attended the class
  - g. Your name and return phone number
  - h. Inform the student that you will be notifying SHS and let them know we will be calling
2. If the other students in the class are concerned, provide reassurance. The H1N1 virus is now widespread. You will come in contact with the virus at the grocery store, gym, movies and just about everywhere else. The important thing to remember is to prevent the virus from entering your body. We all have to keep our hands away from our face at all times, wash hands/use hand sanitizer before eating and just say "HI" instead of shaking hands.
3. The H1N1 virus is both in the air and on surfaces. Keeping doors and windows open to fresh air and light will help to eliminate some of the virus in the air. Antibacterial wipes are a great way to clean surfaces.
4. When students are in the classroom coughing and sneezing, privately suggest they visit Student Health (room L-504). The hallmark symptoms of H1N1 are: Fever of greater than 100.4 plus a cough and/or sore throat. All coughs and sneezes need to be covered with clothing or a couple of layers of paper towels. When the paper towel becomes wet, it should be thrown away, the hands should be cleaned and new paper towels should be used.
5. A person who has had H1N1 is considered safe to return to school/work 24 hours after they have had no fever (they actually have to take their temperature and it needs to be around 98.6 or less). The other criteria for returning to work/school are that they must not have treated their fever with medicine for 24 hours before they return to work/school. Most people with H1N1 will remain home for 5 days before their fever is resolved for 24 hours and they have enough energy to return to work/school. We need to do all we can to allow people the time to recover at home. This is important.
6. H1N1 is a "type A" flu virus. The predominant circulating virus in San Diego is H1N1. Therefore, if you are influenza A positive, you likely have H1N1. Everyone (staff/faculty included) with a documented fever of more than 100.4 plus a cough and/or sore throat can get a free influenza A test at Student Health. We can fully treat students, however, we are unable to treat staff/faculty. We are offering the free influenza test for influenza surveillance on campus.
7. If a volunteer, faculty or staff member is diagnosed with H1N1 or influenza A they will notify the next highest person in their chain of command. We would also appreciate notification at SHS. Reports are currently available in Student Health Services, L-500.
8. If you have questions, please call Student Health/Suzanne Khambata FNP at 619-388-2774.