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CNCC Responds to H1N1 Flu Virus

Officials at CNCC are continuously tracking H1N1 on campus.

To minimize the spread of flu and possible H1N1, all persons are advised to cover coughs and sneezes with a sleeve or a tissue that is immediately discarded. Wash hands frequently and use hand sanitizer. Do not share drinks, eating utensils, makeup or lip balm. Practice social distancing, staying 3 feet or more away from others. Get enough sleep (7 to 9 hours per night).

Those who are ill with flu-like symptoms should self-isolate until any fever is gone for 24 hours without the help of fever-reducing medication.

Promptly seek medical care if you are in a high-risk group (such as diabetes, asthma or other lung condition; compromised immune system; or pregnant) or if your condition worsens (shortness of breath, extremely high fever with headache, etc.).

Flu symptoms include a fever greater than 100.4°F; runny nose, sore throat, cough, headache, body aches, chills; and occasionally, diarrhea and vomiting.

The Centers for Disease Control and Prevention does not recommend that universities cancel large-scale events or quarantine students or any individuals who may be infected as an H1N1 containment strategy. At this time, CNCC is not canceling any special events or classes.

CNCC is coordinating with state and county health agencies on future vaccination clinics. When the vaccine becomes available, CNCC plans to hold a series of H1N1 vaccination clinics. High-risk populations will receive the first vaccinations.

Officials are reminding the college community that the seasonal flu vaccine is already available at many pharmacies, grocery stores and doctor's offices and may be covered by personal insurance.

We are in regular communication with officials from Public Health and are watching for illness on the campuses. We will continue to provide updates through emails and the website.

Student Information

Although H1N1 influenza continues to be widespread around the country and worldwide, at this time it is not considered to be any more virulent or dangerous than regular seasonal flu. This situation is not a cause for alarm, but it is a reason for planning and taking basic, sensible measures to watch for and manage influenza-like illness (ILI – fever generally over 100.4°F with either cough or sore throat).

Our residence halls are full for the fall 2009 semester. Therefore, in the event that a student gets sick, it will not be possible to move the student or the student's roommate. Ill students are encouraged to self-isolate as much as possible, practice good hygiene and good respiratory etiquette. Roommates also should adhere to good hygiene practices and respiratory etiquette. Do not share cups, utensils, drinks, make-up or lip balm, and refrain from close face-to-face contact. Dining services can provide sick trays for students who are ill.

Everyone should wash their hands thoroughly and frequently and use hand sanitizer, and everyone should cover their nose and mouth with their sleeve or elbow or a tissue that is immediately discarded, when they cough or sneeze. Flyers reminding students about hand washing and respiratory etiquette are posted in the residence halls. Hand sanitizer dispensers are available in all residence hall bathrooms and at the entrance to all dining centers.

Persons with ILI should stay home and away from large gatherings for at least 24 hours after any fever is gone without the use of a fever-reducing medicine.

Promptly seek medical care if you are in a high-risk group (such as diabetes, asthma or other lung condition; compromised immune system; or pregnant) or if your condition worsens (shortness of breath, extremely high fever with headache, etc.).

If campus residents have been in close contact with someone with ILI, they should self-monitor for symptoms and stay at home or in their room if they develop symptoms. Generally, the incubation period for flu is between 1-4 days and sometimes as long as 7 days. The duration of flu symptoms varies but can be at least 7-10 days.

Additional Tips for Students

- It is vitally important that students, faculty, staff and visitors follow the personal health protocols prescribed and available on this website. The CU-Boulder Wardenburg Health Center [Campus H1N1 Flu Information website](#) has additional tips and information.
- Stay in touch with your parents and family members and update them from time to time about how you're doing. It helps create calm at home and strengthens your support network.
- Please do not joke or make social networking website postings (on Facebook, for example) about having the virus or about the status of the virus on the CNCC-Rangely campus.
- It is safe to eat properly prepared pork products.

- Students are strongly cautioned not to use the H1N1 virus as an excuse to avoid completing academic responsibilities, scheduled appointments, OJA proceedings, or other mandatory obligations.
- Stay alert and watch for news on CNCC on website, and in your email.
- Students should pay close attention to their health and not neglect the need to eat, sleep and take study breaks.
- For more tips on guarding against transmission of the H1N1 virus, visit [The Centers for Disease Control and Prevention website](#).

H1N1 Flu Virus Information for CNCC Faculty

The leadership of CNCC believes that proactive measures should be taken to mitigate how a severe flu season would impact academic, research and business continuity in academic departments.

Representatives will be working with the faculty regarding specific recommendations about absence policies for faculty and students, and flexible methods of meeting course requirements and deadlines. Additional academic continuity planning (arranging for substitute instructors, establishing or updating department policies for missed exams or late projects) is in progress.

The following is presented as information is offered with the recognition that various campuses and individual courses may be impacted differently, and actions appropriate for one may not apply to all.

Absences

Local and national health authorities are emphasizing that social distancing (public health practice of encouraging people to keep their physical distance from each other during disease outbreaks in order to slow the spread of infection) is critical to protect vulnerable populations.

Current guidelines:

- If illness occurs with fever, stay home until at least 24 hours after fever, or signs of fever, are gone without the use of fever-reducing medications.
- If H1N1 is suspected, do not visit your health care provider unless you are experiencing flu-like symptoms AND you have an underlying health condition (pregnancy, asthma, diabetes, undergoing chemotherapy, etc.) OR your condition worsens.
- To prevent the spread of illness, health authorities are discouraging visits to health facilities to request a doctor's note to document absence. The campus needs to operate within this parameter, which is a major departure from standard practice.
- Faculty are routinely in the best position to communicate the need for staying home when ill in order to limit spread of the virus. This practice applies to students, to faculty and to staff. Faculty are urged to create a much more flexible absence policy than usual, should we experience an H1N1 outbreak here.
- Faculty and staff should communicate with their departments very early if they become ill, and stay away from campus.

Faculty are strongly urged to engage in active discussion and serious planning about a number of "what if?" questions. Key policies and preparedness areas to consider:

Academic Continuity

There is a high probability that many faculty members and students will contract the H1N1 flu, with several waves of absences possibly occurring. Faculty and administrators need to plan now for continuity of instruction if a local outbreak takes place.

Business Continuity

Staff in academic departments will also be affected by flu outbreaks. It would be wise to think now about critical functions performed by department staff, and ensure that more than one person is cross-trained on these functions.

Key Points for Classroom Discussion

- Alterations in course content and/or structure may be necessary.
- Emphasize the point that students who are ill with flu-like symptoms should NOT come to class or have close contact with other students (e.g., study groups). They should NOT return to class until 24 hours after fever has abated. Faculty should follow the same guidelines.
- Faculty may wish to refer to the Honor Code to remind students that both abuse of a more lenient absence policy and attendance in class while contagious are incompatible with our code of individual responsibility.

H1N1 Flu Virus Information for CNCC Staff

At this point, workplace procedures remain unchanged for all campus work. We have stepped up cleaning and disinfection of kitchens, bathrooms and common areas in CNCC housing.

We are observing normal schedules regarding classes, regular meals, maintenance and basic campus work. As information develops, the chancellor has directed department chairs, in consultation with their deans, to decide if “discretionary” events should be canceled.

- Staff who have general questions should visit the CNCC home page.
- Staff who have questions about work routines and schedules should consult their supervisors.
- It is vitally important that staff, faculty, students and visitors follow the personal health protocols prescribed and available on this website.
- Promptly seek medical care if you are in a high-risk group (such as diabetes, asthma or other lung condition; compromised immune system; or pregnant) or if your condition worsens (shortness of breath, extremely high fever with headache, etc.).
- If you have influenza like illness (ILI – fever generally over 100.4°F with either cough or sore throat), please contact your health care provider. We ask that all individuals with ILI stay home. The Colorado Department of Health advises those who experience influenza symptoms to stay home for 24 hours after fever is gone without the use of fever-reducing medicines.
- Please contact your supervisor about your health status as well. Employees with ILI should stay home and use sick leave for the absence, following proper procedures to request leave from their supervisors. If an employee has used up all of his or her sick leave, it is appropriate to use annual leave. Anyone who has exhausted their paid leave should request leave without pay.
- The CDC recommends that employees not be required to confirm their illness or recovery from the flu with medical documentation because doctors’ offices may be unable to provide such documentation in a timely fashion. Therefore, this flu season, employees are not required to submit a medical certification if they are out for more than three consecutive workdays because they or their family members have the flu. Departments are not required to designate Family Medical Leave (FML) for employees who have ILI or are caring for family members who have ILI.
- Supervisors are strongly encouraged to talk with their employees and staff about departmental procedures and to provide regular updates on workplace practices, adaptations, and schedules.
- Facilities Management is under regular operations.

Preventing the Flu: Good Health Habits Can Help Stop Germs

The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits like covering your cough and washing your hands can help stop the spread of germs and prevent respiratory illnesses like the flu.

1. **Avoid close contact.**

Avoid close contact with people who are sick. If you are sick, self-isolate as much as possible. Persons who wish to seek medical care should contact their health care provider or Rangely Hospital to report illness by telephone or other remote means before seeking care.

2. **Stay home when you are sick.**

Stay home from work or school and delay errands for at least 24 hours after fever is gone without the use of fever reducing medicines. Wearing a mask may help to protect others by preventing the spread of the H1N1 virus when you sneeze or cough. Reusable masks are available through CNC Housing and can be purchased at most pharmacies and surgical supply houses.

3. **Cover your mouth and nose.**

Cover your mouth and nose with a tissue, the inside of your elbow or with your sleeve when coughing or sneezing. It may help prevent others from getting sick.

4. **Clean your hands.**

Washing your hands often with warm water and soap, and/or using hand sanitizer will help to protect you from germs.

5. **Avoid touching your eyes, nose or mouth.**

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth.

6. **Practice other good health habits.**

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food. Do not share cups, utensils, drinks, or lip balms.

Source: Centers for Disease Control and Prevention