



LANDMARK COLLEGE

November 5, 2009

Sent via e-mail to all students, faculty & staff

Within the last 24 hours two Landmark students have received advice from medical professionals to go into isolation, due to flu-like symptoms. Given the prevalence of H1N1 flu in Vermont including flu on college campuses across the State, we believe the safest course now is to proceed as though the H1N1 flu may be present at Landmark. Reports have generally suggested that the course of the illness may be less severe than originally anticipated. Still it is important for anyone with a compromised immune system or other health problems to take any necessary precautions.

We ask that all community members follow the precautions on the attached flyer in order to minimize the risk that you or those around you will contract the flu. We want to remind students that Health Services has a supply of H1N1 vaccine in injection and nasal spray forms. The vaccine is free of charge. We encourage all students to consider being vaccinated as protection for themselves and the community. You may reach Health Services at extension 6753.

Employees are encouraged to discuss the availability of vaccine with their own health care providers.

Students, if you develop flu-like symptoms please contact Health Services as soon as possible.

The Service's hours are generally 9:00 a.m. to 4:00 p.m., Monday through Friday. If you become ill when Health Services is closed please avoid contact with others if possible and care for yourself as described at <http://www.cdc.gov/h1n1flu/sick.htm#2>. A PDF of the site is also attached. If during the night or on the weekend you are very sick and believe you should immediately consult a health care provider, then call the RD on duty at 380-6781. The RD can contact a doctor for you. If you have the flu we will suggest you go home to recuperate at least until your fever has dissipated. If you have the flu and cannot go home we will assign you an area isolated from others who are not ill.

Going to the emergency room is rarely necessary. Brattleboro Hospital asks that we all preserve the emergency room for patients with the most serious illness or injury. Patients who visit the emergency room with flu-like symptoms will simply be told to follow advice like that given at the URL above. Employees who develop flu-like symptoms should stay home and consult their own health care providers, notifying their department or division head of their status.

If you have questions please visit the college's H1N1 site for information or telephone numbers you can call to ask about your specific concerns. The website address is <http://www.landmark.edu/pandemic-flu/index.cfm>.

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PREVENTING THE FLU

Influenza (flu) is usually spread through the air when a person who has the flu virus coughs, sneezes or speaks, and other people breathe in the virus. When these viruses enter the nose, throat, or lungs of a person, they begin to multiply, causing symptoms of the flu.

There are a number of things you should do to help prevent the spread of the flu and other illnesses.

- The single best way to prevent the flu is to get vaccinated each year. There are still seasonal and H1N1 flu vaccines available for students through the Health Services office. If you would like to take advantage of these vaccinations, please stop by Health Services for more information. There is no charge for the H1N1 vaccine. The seasonal flu vaccine is \$20.00 and can be charged to your student account.
- Avoid close contact with people who are sick.
- Cover your mouth and nose every time you cough or sneeze. It is best to use a tissue and then put the tissue in the trash. Otherwise, use the inside of your elbow.
- Wash your hands often and well. Use soap and warm water for at least 20 seconds, or use an alcohol hand sanitizer.
- Keep your hands away from eyes, nose or mouth – germs are often spread when you cough something contaminated with germs and then touch your eyes, nose or mouth.
- Clean surfaces you touch often – such as door knobs, water faucets, telephone, computer keyboard, etc.
- Don't share anything that goes into your mouth – like eating utensils, cups, straws, cigarettes, etc.
- Keep healthy by getting plenty of rest, drinking plenty of liquids, getting regular exercise and eating nutritious foods.
- Use the following checklist to help decide if you may have the flu:

Do you have a fever of 100° or more?	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Do you have a cough and/or a sore throat?	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Do you have a headache, body aches or chills?	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Do you have vomiting or diarrhea?	<input type="checkbox"/> YES	<input type="checkbox"/> NO

- If you checked yes to the lines **in yellow**, then you have an influenza-like illness. You should contact the Health Services Staff or Residential Life staff as soon as possible.
 - The College will suggest that students with H1N1/flu-like symptoms return home or to homes of relatives or friends to recuperate and limit the spread of transmission.
 - Until these students can leave campus, they will be reassigned to specific isolation areas to limit their contact with other students and monitored as necessary.
 - Students who are not able to travel home will remain in the isolation areas for at least 24 hours after they are free of fever.



Centers for Disease Control and Prevention
Your Online Source for Credible Health Information

What To Do If You Get Sick: 2009 H1N1 and Seasonal Flu

November 5, 2009, 12:30 PM ET

How do I know if I have the flu?

You may have the flu if you have some or all of these symptoms:

- fever *
- cough
- sore throat
- runny or stuffy nose
- body aches
- headache
- chills
- fatigue
- sometimes diarrhea and vomiting

*It's important to note that not everyone with flu will have a fever.

What should I do if I get sick?



If you get sick with flu-like symptoms this flu season, you should stay home and avoid contact with other people except to get medical care. Most people with 2009 H1N1 (<http://www.cdc.gov/h1n1flu/qa.htm>) have had mild illness and have not needed medical care or antiviral drugs and the same is true of seasonal flu (<http://www.cdc.gov/flu/index.htm>).

However, some people are more likely to get flu complications and they should talk to a health care provider about whether they need to be examined if they get flu symptoms this season. They are:

People at High Risk for Developing Flu-Related Complications

- Children younger than 5, but especially children younger than 2 years old
- Adults 65 years of age and older
- Pregnant (</h1n1flu/pregnancy/>) women

People who have:

- Asthma (</h1n1flu/asthma/>)
- Neurological and neurodevelopmental conditions [including disorders of the brain, spinal cord, peripheral nerve, and muscle such as cerebral palsy, epilepsy (seizure disorders), stroke, intellectual disability (mental retardation), moderate to severe developmental delay, muscular dystrophy, or spinal cord injury].

- Chronic lung disease (such as chronic obstructive pulmonary disease [COPD] and cystic fibrosis)
- [Heart disease \(/h1n1flu/heart.htm\)](/h1n1flu/heart.htm) (such as congenital heart disease, congestive heart failure and coronary artery disease)
- Blood disorders (such as sickle cell disease)
- Endocrine disorders (such as [diabetes \(/diabetes/\)](/diabetes/) mellitus)
- Kidney disorders
- Liver disorders
- Metabolic disorders (such as inherited metabolic disorders and mitochondrial disorders)
- Weakened immune system due to disease or medication (such as people with [HIV or AIDS, \(/h1n1flu/hiv_flu.htm\)](/h1n1flu/hiv_flu.htm) or cancer, or those on chronic steroids)

The Advisory Committee on Immunization Practices (ACIP) has issued separate recommendations on [Who Should Get Vaccinated Against Seasonal Flu \(http://www.cdc.gov/flu/keyfacts.htm\)](http://www.cdc.gov/flu/keyfacts.htm).

Also, it's possible for healthy people to develop severe illness from the flu so anyone concerned about their illness should consult a health care provider.

There are emergency warning signs. Anyone who has them should get medical care right away.

What are the emergency warning signs?

In children

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

In adults

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

Do I need to go the emergency room if I am only a little sick?

No. The emergency room should be used for people who are very sick. You should not go to the emergency room if you are only mildly ill. If you have the emergency warning signs of flu sickness, you should go to the emergency room. If you get sick with flu symptoms and are at high risk of flu complications or you are concerned about your illness, call your health care provider for advice. If you go to the emergency room and you are not sick with the flu, you may catch it from people who do have it

Are there medicines to treat 2009 H1N1?

Yes. There are drugs your doctor may prescribe for treating both seasonal and 2009 H1N1 called “antiviral drugs (<http://www.cdc.gov/h1n1flu/antiviral.htm>).” These drugs can make you better faster and may also prevent serious complications. This flu season, antiviral drugs are being used mainly to treat people who are very sick, such as people who need to be hospitalized, and to treat sick people who are more likely to get serious flu complications. Your health care provider will decide whether antiviral drugs are needed to treat your illness. Remember, most people with 2009 H1N1 have had mild illness and have not needed medical care or antiviral drugs and the same is true of seasonal flu.



How long should I stay home if I'm sick?

CDC recommends that you stay home for at least 24 hours (<http://www.cdc.gov/h1n1flu/guidance/exclusion.htm>) after your fever is gone except to get medical care or for other things you have to do and no one else can do for you. (Your fever should be gone without the use of a fever-reducing medicine, such as Tylenol®.) You should stay home from work, school, travel, shopping, social events, and public gatherings.



What should I do while I'm sick?

Stay away from others as much as possible to keep from making them sick. If you must leave home, for example to get medical care, wear a facemask if you have one, or cover coughs and sneezes with a tissue. And wash your hands often to keep from spreading flu to others. CDC has information on “Taking Care of a Sick Person in Your Home (http://www.cdc.gov/h1n1flu/guidance_homecare.htm)” on its website at http://www.cdc.gov/h1n1flu/guidance_homecare.htm (http://www.cdc.gov/h1n1flu/guidance_homecare.htm)

Related Media

- CDC YOUTUBE VIDEO: SYMPTOMS OF SWINE FLU  (http://www.youtube.com/watch?v=0wK1127fHQ4&feature=channel_page)

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