

MARIST HEALTH SERVICES

Student Center 350

Monday – Friday 9a – 9:30p; Sat-Sun 12n – 4:45p

845-575-3270 (-3275 fax) Health.services@marist.edu

FLU INFORMATION FOR FACULTY AND STAFF

UPDATE 10-15-09

To date, Marist Health Services has had a dozen students test positive for Influenza A. These students live in a variety of campus residences, as well as off-campus. Most have gone home to recover, and all are doing well.

Marist Flu Clinics will be starting on October 28th for seasonal flu. The latest information from the NYS Department of Health indicates that the H1N1 vaccine will become available to Marist sometime in the next two weeks. It is our hope that it will arrive before the first flu clinic on October 28 so both vaccines can be administered simultaneously (2 separate injections).

As students will have priority for receiving Marist Health Service's limited supply of vaccine, faculty and staff are encouraged to contact their personal health care providers for recommendations regarding their particular situations. We will communicate to faculty and staff if there is vaccine still available after students had had the opportunity to be immunized. If the H1N1 vaccine arrives prior to the first flu vaccine clinic both vaccines can be administered at the same time.

In the meantime, flu vaccinations can be accessed at local pharmacies and through the Dutchess County Department of Health. You can also go to www.flu.gov and use the "Flu Shot Locator" on the home page to search immunization opportunities by zip code.

MARIST HEALTH SERVICES "FLU CLINIC" DATES

Location: Student Center Room 348A

Seasonal influenza and H1N1* vaccine (*if available as expected)

Wed October 28 12n - 4p

Thurs November 5 12n - 4p

Wed November 11 12n - 4p

Wed November 18 12n - 4p

\$10 per injection; cash or check; first-come, first-served; supply is limited.

PREVENTION IS THE FIRST LINE OF DEFENSE AGAINST ILLNESS! REMEMBER TO:

- 1) Practice good hygiene (see below).
- 2) Have a thermometer, fever/pain reliever (acetaminophen, ibuprofen), tissues, "no touch" wastebasket or trash can and liners, antimicrobial wipes and hand sanitizer available.
- 3) Carry tissues and hand sanitizer or wipes in your bag or backpack.
- 4) Plan to get a flu shot.
- 5) Stay up to date about flu recommendations and any campus health alerts via www.marist.edu/healthservices as well as www.flu.gov

Persons who develop influenza-like illness should stay away from public activities until they have been symptom-free, including fever (off fever-reducing medicine) for 24 hours. Students who live within driving distance have been encouraged to go home to recover. Marist faculty have been advised of this absence policy and to work with students for alternate education delivery as needed.

EXCUSE POLICY

Faculty have been advised that they should not require "excuse notes" of ill students. Responsibility for attendance and completion of assignments rests with the individual student, who must communicate directly with professors. Marist Health Services does not issue excuse notes to students for short-term illness or for visits to the Marist Wellness Center. Faculty notification of students' long-term illness (e.g. hospitalization) or injury (e.g. fracture) is processed through the Center for Advising and Academic Services (CAAS). If a student has missed or will miss 4 consecutive days of classes, CAAS will notify that student's professors. Students (or family, if the student is unable) are advised to contact CAAS themselves at 845-575-3500.

GOOD HEALTH AND HYGIENE PRACTICE

- 1) Avoid close contact with those who are or may be sick
- 2) Stay home when you are sick
- 3) Practice good respiratory etiquette:
 - a. Cover your mouth and nose with a disposable tissue when coughing or sneezing
 - b. Dispose of tissues in a waste receptacle (don't touch the trash)
 - c. Clean your hands
 - d. Do this every time you cough or sneeze!
- 4) Clean your hands often and appropriately
 - a. Wash with soap and water for 20 seconds
 - b. Dry thoroughly with a clean paper towel; turn the faucet off with the towel
 - c. Use alcohol-based hand sanitizer when soap and water are not available
 - d. Wipe shared surfaces and items with disinfectant cleaners
- 5) Avoid touching your eyes, nose, or mouth, as this transfers germs
- 6) Practice other good health habits
 - a. Get plenty of sleep, be physically active
 - b. Stay well-hydrated, eat nutritious foods
 - c. Manage your stress; stay connected with friends and family.

IF FLU CONDITIONS BECOME MORE SEVERE

If this year's flu season becomes more severe, we may need to take the following additional steps to prevent the spread of the virus:

- Allow those at higher risk for complication of flu to stay home from classes or leave campus for a time
- Find ways to increase social distances (the space between people) in classroom settings
- Extend the self-isolation time for sick individuals to at least 7 days
- Suspend classes. This decision will be made together with local and state public health officials. The length of time will depend on the goal of suspending classes as well as the severity and extent of illness.

COMMUNICATION ABOUT INFLUENZA

Notification of any changes in Marist College's strategy to prevent the spread of flu on campus will be posted on the MHS webpage: www.marist.edu/healthservices. Any change in the status of the College will be communicated using all campus media: website, email, student newspaper, and Marist TV. For the most up-to-date information on flu, including prevention, symptoms, and care, visit www.flu.gov, or call 1-800-CDC-INFO (232-4636).

FYI: COLD OR FLU?*

(or maybe Strep throat?)

SYMPTOM	COLD	FLU or ILI	STREP
FEVER (OVER 100)	Uncommon	Common, sometimes high (104)	Common, sometimes high (102)
ONSET	Gradual, over a few days	Abrupt, over several hours	Gradual, over a day or two
BODY ACHES	Mild	Severe	Uncommon
FATIGUE	Mild	Profound	Mild
COUGHING	Mild	Moderate-severe	Uncommon
SNEEZING	Common	Uncommon	Uncommon
STUFFY NOSE	Common	Uncommon	Uncommon
SORE THROAT	Mild if present	Mild if present	Moderate to severe
HEADACHE	Mild if present	Common	Uncommon

*This is a guide to assess your symptoms, not a substitute for medical evaluation and diagnosis.