

MARIST HEALTH SERVICES, STUDENT CENTER ROOM 350 (845) 575-3270
INFORMATION FOR STUDENTS AND PARENTS ABOUT INFLUENZA DIAGNOSIS, TREATMENT, AND PREVENTION

Updated 11-02-09

While Marist Health Services (MHS) has had only a small number of cases test positive for Influenza A, we expect to see an increasing number of students with influenza-like illness (ILI). Symptoms of ILI are fever of 100 degrees or greater with sore throat or cough, in the absence of a different diagnosis (e.g. Strep throat or mono). Upper respiratory infection, or the common cold, can also cause ILI.

MHS will use clinical criteria (signs and symptoms) to diagnose ILI and will not perform routine influenza testing. The rapid influenza test available at MHS has been estimated to be only 10 – 40% sensitive for 2009 H1N1 influenza. At present, any cases of ILI are presumed to be 2009 H1N1 influenza. Specific testing for H1N1 is only run at the discretion of the public health authority and has been limited to hospitalized patients.

It is important to keep in mind that both seasonal and H1N1 influenza, while uncomfortable, are generally brief and uncomplicated illnesses in healthy college students.

HEALTH SERVICES APPOINTMENTS

Any student who becomes ill should contact MHS by phone to speak with a health professional about whether they need to be evaluated in person and to be prioritized for an appointment time. Students are encouraged to phone rather than “drop in” at the Marist Wellness Center, as this crowds the waiting area, exposes more people to illness, slows processing students who have appointments, and can delay everyone’s care. If it is after MHS hours, they should contact Residential Life staff for assistance.

MHS will follow CDC recommendations and reserve antiviral treatment (Tamiflu, Relenza) for persons who are at high risk of complications from influenza. Among college students, that includes people with chronic medical conditions, such as:

- Heart disease
- Lung disease, including asthma
- Diabetes
- Recent chemotherapy or radiation therapy
- Chronic steroid or immunosuppressive medication use
- Students 18 or younger on chronic aspirin therapy
- Sickle cell disease
- Students who have had their spleen removed

If students don’t know whether or not they would be considered “high risk” as above, they should contact their primary health professionals to assist in that determination.

SELF-CARE and SELF-ISOLATION

All students with symptoms of ILI should use supportive care measures (rest, fluids, over-the-counter medication for relief of symptoms) and should self-isolate: refrain from attending classes, practice, work, and any public activities until they have been without fever for 24 hours (in the absence of fever-reducing medication), as recommended by the CDC and NYS Department of Health. Like most colleges today, Marist does not have a traditional infirmary and has a limited ability to isolate students on campus. Students are encouraged to go home for recovery (via private transportation) if that is possible. If not, students should let their RA or RD know they are ill and should wear a mask if they need to be out of their room (e.g. to use a common bathroom).

Direct roommates (those who share a bedroom) of an ill student unable to leave campus are encouraged to temporarily relocate if possible. This could mean moving a mattress into a friend’s room, staying with friends in off-campus housing, or becoming a temporary commuter student if home proximity allows. Students who need assistance in considering options should contact their RA or RD.

MEALS

Students on a meal plan can get a “sick tray” while they are ill: a student can give his/her CWID to a friend, who can check in with the Resident Dining Hall cashier (north or south entrance). The cashier will provide a “to go” container for the meal. If a student doesn’t have a friend to help, Residential Life staff can be of assistance.

CLEANING

Housekeeping staff has increased the frequency and intensity of cleaning efforts during this period. Students can contact the Housekeeping Department if they would like assistance with cleaning the common surfaces of their residence.

Students can find more detailed Influenza-like Illness Self-Care Instructions at www.marist.edu/healthservices

FLU CLINICS

As has been widely noted in the media, the availability and distribution of H1N1 vaccine has not been as hoped. MHS received a limited number of doses that were administered during the 10/28/09 Flu Clinic. We have ordered additional H1N1 vaccine through the NYSDOH; we have been advised that it may be delivered this week, but this is not certain. The 11-5-09 Flu Clinic will offer seasonal influenza vaccine to full-time undergraduate students age 24 and younger, and will also offer H1N1 vaccine if it arrives.

Please watch for e-mail updates about this issue.

MARIST HEALTH SERVICES “FLU CLINIC” DATES

Seasonal influenza and H1N1 vaccine, presuming expected availability. \$10 per vaccination; cash or check.

For full-time undergraduate students age 24 and under. Under age 18 must have parent consent (at www.marist.edu/healthservices)

First-come, first-served. Must show Marist College ID.

PLEASE REVIEW VACCINE INFORMATION STATEMENTS AT www.marist.edu/healthservices

| | | |
|-------|-------------|----------|
| Thurs | November 5 | 12n – 4p |
| Wed | November 11 | 12n – 4p |
| Wed | November 18 | 12n – 4p |

Location: Student Center 3rd floor

2009-2010 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. MHS 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) should contact CAAS themselves at 845-575-3500.

For more information, please visit marist.edu/healthservices and www.flu.gov

IMPORTANT PHONE NUMBERS

| | |
|------------------|---------------------------|
| Health Services | 845-575-3270 |
| Residential Life | 845-575-3307 |
| Dining Services | 845-575-3000 ext. 5100 |
| Housekeeping | 845-575-3000 ext. 2527 |
| Security | 845-471-1822 or ext. 2282 |
| CAAS | 845-575-3500 |