



## **H1N1 (Swine) Update for Andrew College Students, Parents, Faculty, and Staff**

In response to the ongoing worldwide H1N1(swine) flu outbreak, Andrew College is being proactive in taking the necessary steps to reduce the risk of H1N1 outbreak on campus and provide support for students and employees that may become infected by H1N1. The College is encouraging students, faculty, and staff to proactively adopt flu prevention behavior.

In the event of a H1N1 outbreak on campus, the College has a Pandemic Flu Plan and is prepared to respond quickly and appropriately to any situation. Andrew College is also providing materials to educate the Andrew College campus on everyday steps that can be taken to help protect against the everyday flu and H1N1.

Andrew College supports the following recommendations from the Centers of Disease Control.

### **Steps to protect against the flu:**

- Cover your nose and mouth with a tissue when you cough or sneeze.
- Wash your hands often with soap and water and use alcohol-based hand cleansers.
- Avoid touching your eyes, nose, or mouth.
- Try to avoid close contact with people.
- Get vaccinated for the seasonal flu and H1N1 flu when vaccinations become available.
- If you are sick with flu-like illness, seek medical attention and avoid contact with others until you have been “fever free” without fever-reducing medications for at least 24 hours.

### **Symptoms of the flu include the following:**

- Fever of 100F or more, plus cough and/or sore throat and may include body aches, headache, runny nose, congestion, diarrhea, nausea or vomiting.

**Students** experiencing flu-like symptoms should seek immediate medical attention and notify the Student Life Office or their Resident Assistants or Resident Directors. Students with flu-like symptoms and fever will be encouraged to return home until they are “fever free” without fever-reducing medications for at least 24 hours. Students will be encouraged to contact their parents, and students who are unable to return home will be allowed to reside on campus in a monitored, restricted housing area in order to help prevent further contamination on campus.

**Employees** are encouraged to seek immediate medical attention for flu-like symptoms and to report cases of seasonal flu or H1N1 flu to their immediate supervisors. Employees are also encouraged to remain at home until they are “fever free” without fever reducing medications for at least 24 hours.

Individuals who have conditions that suppress the immune system are at higher risk for complications from the flu and should consult with a personal physician as soon as possible if they develop flu-like illness. High risk conditions include, but are not limited to, asthma, diabetes, and pregnancy.

**For additional information, please feel free to contact the Andrew College Student Life Office at (229) 732-5949 or visit**

**<http://www.cdc.gov/h1n1flu/> and [www.flu.gov](http://www.flu.gov).**