

This guidance has been prepared by the Office of the President to assist you in issuing your local policy. It applies to both medical centers and campuses – **all UC locations.**



Guidance for Epidemiology & Infection Prevention University Residence Hall H1N1 Influenza Prevention and Management Guidance

Date Written: 08/09

Date Reviewed/Revised: _____

Page 1 of 4

This document is intended to provide guidance to Program administrators in addressing concerns related to the novel influenza A H1N1 flu (H1N1 flu) in residence halls. The recommendations below will help slow the spread of H1N1 and seasonal influenza.

Novel H1N1 Influenza Virus

The symptoms of influenza usually include fever ($\geq 100^{\circ}$ F/ 37.8° C) plus at least either a cough or sore throat. These symptoms are referred to as an influenza-like illness. Influenza infection can also lead to additional symptoms like headache, tiredness, runny or stuffy nose, body aches, chills, diarrhea, and vomiting. Like seasonal flu, H1N1 infection can vary in severity from mild to severe.

H1N1 influenza spreads in the same way that seasonal influenza viruses spread, mainly through the coughs and sneezes of people who are sick with the virus. People may also become infected by touching something with flu viruses on it and then touching their mouth or nose.

At this time, the Centers for Disease Control and Prevention (CDC) recommends that efforts to reduce the spread of influenza focus on the **early identification of ill students and staff, staying away from others when ill, and good cough and hand hygiene etiquette.** This interim guidance provides suggested means to reduce the spread of the H1N1 influenza virus in residential hall settings.

General Recommendations for Residence Halls

Residence hall check-in offers an excellent opportunity for campus staff to deliver key educational messages in a variety of formats about measures students can take to help protect themselves from influenza infection, including the active promotion of good hygiene practices. Student orientation programs should also include educational activities aimed at promoting ways to reduce the spread of influenza, including hand hygiene and cough etiquette. See Novel H1N1 Flu (Swine Flu) and You: <http://www.cdc.gov/H1N1flu/qa.htm>

- Develop a working relationship with Student Health Services and plan jointly for possible contingencies during the Fall session. Plans should include what to do if staff or students become ill, including how to separate them from others to limit spreading influenza to other students and staff; when to seek additional medical evaluation; and how to provide care for ill staff and students. Residence hall

administrators should work with Student Health Services to develop mechanisms and protocols for monitoring and reporting influenza-like illness among students and residence hall staff.

- Develop a training program for residence hall staff regarding communicable disease prevention that includes specific information regarding how to recognize influenza-like illness and how to report possible cases of influenza-like illness to residence hall management and Student Health Services.
- Provide students with educational materials and information in a variety of formats that explains how to prevent and recognize influenza-like illness and what they should do if they become ill, including reporting influenza-like illness to Student Health Services.

Recommendations for Reducing the Risk of Introduction of H1N1 Influenza Virus into Residence Halls

- **Screen all newly arriving students** by asking them if they have had any symptoms of influenza-like illness in the previous 7 days. Provide education to individual students about reporting influenza-like illness immediately to Student Health Services by telephone or other remote means before seeking care. Note any conditions that may place them at high risk for complications of influenza.

Recommendations for the Rapid Detection and Management of Influenza-Like Illness Cases in Residence Halls

- Residence hall staff should be diligent about early recognition of illness and appropriately managing students that are experiencing influenza-like illness.
- Students who develop influenza-like illness should self-isolate (i.e. stay away from others) in their residence hall room for at least 24 hours after their fever is gone (except to get medical care or take care of other necessities). They should keep away from others as much as possible to reduce the spread of the virus.
- Protocols should be in place for when medical evaluation of students with influenza-like illness is done and how monitoring will be conducted. Students with severe illness and those at high risk for complications from influenza should contact Student Health Services.
- Further information on care for persons with influenza-like illness can be found at:
 - Interim Guidance for H1N1 Flu (Swine Flu): Taking Care of a Sick Person in Your Home (August 5, 2009): http://www.cdc.gov/h1n1flu/guidance_homecare.htm

-
- Interim Guidance for Infection Control for Care of Patients with Confirmed or Suspected Novel Influenza A (H1N1) Virus Infection in a Healthcare Setting (May 13, 2009):
http://www.cdc.gov/h1n1flu/guidelines_infection_control.htm
 - Antiviral Drugs and H1N1 Flu (Swine Flu) (April 29, 2009):
<http://www.cdc.gov/h1n1flu/antiviral.htm>
 - If isolation is recommended and providing individual (single) rooms for students with influenza-like illness is not feasible, consider using a large room or suite specifically for ill students. The room should be equipped with beds that are at least 6 feet apart and, if possible, with temporary barriers between beds and with nearby bathroom facilities separate from bathrooms used by healthy students.
 - Develop plans for assisting students with influenza-like illness, including the provision of meals, medications, and other care.
 - Anyone with a medical condition that would increase their risk of severe illness from influenza, including pregnant women, should NOT be designated as caregivers for students with influenza-like illness.
 - For proper technique in caring for an ill person, refer to the following guidance: Interim Guidance for H1N1 Flu (Swine Flu): Taking Care of a Sick Person in Your Home (August 5, 2009):
http://www.cdc.gov/h1n1flu/guidance_homecare.htm
 - Close contacts (such as roommates) of persons with influenza-like illness should be encouraged to self-monitor for influenza-like illness and report illness to Student Health Services.

General Infection Control Recommendations

Encourage all students to effectively cover their cough or sneeze and to use good hand hygiene.

- Consider installing alcohol-based hand sanitizers in common areas and providing students with sample-sized bottles of hand sanitizer.
- Clean all common areas that are most likely to have frequent hand contact (i.e. – door handles, handrails, bathrooms, lounges) daily. Use the cleaning agents that are usually used for these purposes – it is not necessary to conduct disinfection of environmental surfaces beyond routine cleaning. See: Clean Hands Save Lives: <http://www.cdc.gov/cleanhands/>

For more information, please see:

Interim CDC Guidance for Institutions of Higher Education and Post-secondary Educational Institutions in Response to Human Infections with Novel Influenza A (H1N1) Virus (August 5, 2009):

http://www.cdc.gov/h1n1flu/guidance/guidelines_colleges.htm

Interim CDC Guidance on Day and Residential Camps in Response to Human Infections with the Novel Influenza A (H1N1) Virus (June 14, 2009): <http://www.cdc.gov/h1n1flu/camp.htm>

CDC Recommendations for the Amount of Time Persons with Influenza-Like Illness Should be Away from Others (August 5, 2009): <http://www.cdc.gov/h1n1flu/guidance/exclusion.htm>