

# Saint Anselm College Influenza Protocol

For Faculty and Staff

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## **What to do to prevent infection**

Follow the prevention guidelines suggested by the Centers for Disease Control and Prevention and other health authorities and as posted at [www.anselm.edu/h1n1](http://www.anselm.edu/h1n1).

Consider being vaccinated against both the seasonal flu and H1N1. Health Services will hold a seasonal flu vaccination clinic Sept. 29, 2009, and plans to open an H1N1 clinic as soon as the vaccine becomes available in October. Dates for all flu vaccination clinics will be posted at [www.anselm.edu/h1n1](http://www.anselm.edu/h1n1)

## **What to do if you experience flu-like symptoms**

Symptoms of the flu are fever or chills *and* a cough or sore throat. They may also include a runny nose, body aches, a headache, tiredness, diarrhea, or vomiting.

- In the interest of your own health, as well as the health of others, stay home for the duration of your illness *and* for at least 24 hours after you no longer have a fever. This should be determined without the use of any fever-reducing medication (e.g., any medicine that contains ibuprofen or acetaminophen).
- Faculty should stay in contact with their department chair and the Office of the Dean; staff with their supervisor.

## **Why is it important to stay home until fever-free for 24 hours, even if someone feels well enough to come back to work?**

- It is one of the best strategies to protect vulnerable members of our college community, as individuals may still be infectious even though they are feeling better.
- By staying home for the recommended duration, you will help to slow the surge of illness among our population.