



H1N1 “Swine Flu” Guidance for University Housing Residents

In anticipation of flu related-illnesses associated with the H1N1 virus among students and visitors to California State University, Chico, and in anticipation of the regular flu season this year, University Housing and Food Service has prepared the following publication to help residents understand the current circumstances and educate you on steps you can take to reduce your risk of infection.

Student Health is in constant communication with University Housing staff as we monitor the developing situation. University Housing is in full compliance with the guidelines and advice set forth by the Centers for Disease Control [CDC] and the Butte County Health Department. Should circumstances warrant a modification in the University’s response to protect our students and campus community, the Campus Pandemic Response Team will mobilize to make any necessary adjustments to meet the evolving needs associated with this developing situation.

What are the symptoms of the H1N1 flu?

According to the Centers for Disease Control website (<http://www.cdc.gov/h1n1flu/qa.htm>): “The symptoms of novel H1N1 flu virus in people are similar to the symptoms of seasonal flu and include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. A significant number of people who have been infected with this virus also have reported diarrhea and vomiting.”

Also, the University Student Health Center has many additional on-line resources available at <http://www.csuchico.edu/shs/announcements/swine-flu.shtml>

At present, many health care providers have suspended specific testing protocols for the H1N1 virus and are diagnosing patients with the virus based on the patient’s presentation of symptoms alone.

What can you do to reduce your chances of becoming ill?

While an H1N1 vaccine is being developed and expected for deployment later in the fall, the CDC website includes the following information about measures to take to avoid infection:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Wash with soap and water or clean with alcohol-based hand cleaner. CDC recommends that when you wash your hands -- with soap and warm water -- that you wash for 15 to 20 seconds. When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used. Hand sanitizing stations are available in each residence hall bathroom.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people. A distance of 6 feet or more is recommended at all times.
- DO NOT go to class or campus events if you are sick.

What should you do if you become ill?

According to the CDC, the H1N1 flu virus has the same properties in terms of spread as seasonal flu viruses. With seasonal flu, studies have shown that people may be contagious from “two days before they develop symptoms to up to 7 days after they get sick.” The following measures are suggested by the CDC:

- Be prepared in case you get sick and need to stay home for a week or so; a supply of over-the-counter medicines, alcohol-based hand rubs, tissues and other related items might be useful and help avoid the need to make trips out in public while you are sick and contagious.
- Students who live in University Housing and have flu related illnesses should self-isolate (i.e., stay away from others) in their residence hall/apartment [for at least 24 hours after their fever is gone](#) (their fever should be gone without the use of a fever-reducing medicine) except to get medical care or for other necessities.



- If you are sick, limit your contact with other people as much as possible. Cover your mouth and nose with a tissue when coughing or sneezing. Put your used tissue in the waste basket. Then, clean your hands, and do so every time you cough or sneeze.
- Get plenty of rest.
- Drink clear fluids (such as water, broth, sports drinks, electrolyte beverages) to keep from being dehydrated.
- Wear a facemask – if available and tolerable – when sharing common spaces with others. Facemasks are “free” to students at the Student Health Center.
- Avoid close contact with others – do not go to work or school while ill.
- If you experience any of the following symptoms, seek medical attention immediately:
 - Difficulty breathing or shortness of breath
 - Pain or pressure in the chest or abdomen
 - Sudden dizziness
 - Confusion
 - Severe persistent vomiting
 - Flu-like symptoms improve but then return with fever and worse cough
- Students may choose to seek medical attention at the Student Health Center (<http://www.csuchico.edu/shs/>)

The University Housing Residential Life staff can all be of assistance to those who fall ill while on campus. They can assist with arranging delivery of meals, contacting professors about extended absences from class, and helping to connect you with campus and community services and resources while students are recovering from flu-related symptoms and illnesses.

COMMON QUESTIONS REGARDING STUDENT ILLNESS IN A RESIDENTIAL SETTING

What should students do if their roommate/clustermate/family member(s) becomes ill?

According to the CDC website, “Roommates/clustermate/family members who are well but who have an ill roommate/clustermate/family member at home with H1N1 flu can go about their daily business as usual. These otherwise well individuals should monitor their health every day, and take everyday precautions including washing their hands often with soap and water, especially after they cough or sneeze. Alcohol-based hand cleaners are also effective.” It is also strongly suggested that otherwise well individuals remain at least 6 feet away from the sick roommate/clustermate at all times.

Does University Housing quarantine ill students in a particular area on campus?

Quarantining sick individuals is not a recommended response to this outbreak situation. University Housing residents with flu-related illnesses are being advised to self-isolate in their rooms [for at least 24 hours after their fever is gone](#) (fever should be gone without the use of a fever-reducing medicine) except to get medical care or for other necessities. **Self-isolation** means limiting movement to the student’s immediate living quarters and bathroom or apartment area unless venturing out of the hall to seek medical care.

Are students required to leave campus if they become ill?

NO, but the University is strongly encouraging students to self-isolate who are experiencing flu-like symptoms, particularly a fever and cough. University Housing does not require students to leave campus housing if they develop flu-related symptoms or illnesses. Given that students are expected to self-isolate [for at least 24 hours after their fever is gone](#) (fever should be gone without the use of a fever-reducing medicine), many students may find it more comfortable to return home if possible for that time period to continue their recovery off-campus. If a student chooses to leave campus or University Housing to recover at home, they are strongly discouraged from utilizing public transportation to travel home. Whenever possible, students wishing to return home to recover should travel by private vehicle.



What cleaning products should students use to sanitize their living space?

According to the CDC website: “To prevent the spread of influenza virus it is important to keep surfaces (especially bedside tables, surfaces in the bathroom, kitchen counters) clean by wiping them down with a household disinfectant according to directions on the product label. Several chemical germicides, including chlorine, hydrogen peroxide, detergents (soap), iodophors (iodine-based antiseptics), and alcohols are effective against human influenza viruses if used in proper concentration for a sufficient length of time.” Additional cleaning circumstances/options to consider include the following:

- Linens, eating utensils, and dishes belonging to those who are sick do not need to be cleaned separately, but importantly these items should not be shared without washing thoroughly first. Eating utensils should be washed either in a dishwasher or by hand with water and soap.
- Wash linens (such as bed sheets and towels) by using household laundry soap and tumble dry on a hot setting. Avoid “hugging” dirty laundry prior to washing it to prevent contaminating yourself. Clean hands with soap and water or alcohol-based hand rub right after handling dirty laundry.

ACADEMIC RESPONSIBILITIES

- **If I miss class due to my (possible) infection with H1N1 will I be excused from class?**
Instructors will make the decision regarding whether an absence is excused based on the information provided by the student. Ultimately, the authority for deciding whether the information presented by the student justifies an excused absence rests with the instructor.
- **All students are expected to abide by each instructor’s class attendance policy.** Regardless of whether an absence is excused or unexcused, the student is responsible for making up all work that is missed.
- **Even though University guidance tells me to stay home while I still have a fever?**
Yes, while faculty may work with students to ensure that they are not unduly harmed by their absences, it is important to understand that the University’s absence policy has not changed.
- **Can I drop a class if I get too far behind due to my absences?**
If you feel you are in this situation please contact your academic dean’s office as soon as possible.
- **Can I wear a disposable mask in class?**
If others are coughing and sneezing, a disposable mask in class is an option for you. Facemasks are “free” to students at the Student Health Center.
- **Can someone else report my illness if I am unable to?**
It is your responsibility to report your illness.
- **Will this affect my ability to ask for a class drop or a medical withdrawal?**
Most students who experience H1N1 have a moderate experience with flu-like symptoms and are able to return to classes 24 hours after fever is gone. We are encouraging students to first try and make up any missed classes. Make an appointment with a medical provider if your symptoms do not decrease in severity. For a medical withdrawal you will need documented medical intervention.

Following the guidelines above should greatly mitigate the possibility of getting ill and enhance the possibilities of remaining well. However, if you become ill then follow the suggestions provided in this document to better protect others with whom you have contact.

Take care ... and be well.