

# FLU FAQ'S

## FREQUENTLY ASKED QUESTIONS ON INFLUENZA

### ***Has anyone on campus been diagnosed with the flu?***

We have no cases of influenza reported on campus.

Although no cases have been reported we are prepared in case there is an outbreak.

If everyone gets immunized against both the Seasonal Flu and the H1N1 we can protect each other and keep the virus impact to a minimum. This means everyone should get a flu shot—both kinds.

### ***What do I do if I feel sick?***

If you have flu-like symptoms and are a student—notify or visit the Wellness Center. Employees should check with their personal physician. Flu like symptoms: fever, chills, cough, and headache, feel achy—you need to be checked. Also:

- minimize contact with other people
- get plenty of rest
- eat healthy foods
- drink lots of water
- wash your hands frequently, use hand sanitizer
- cough or sneeze into tissue or your elbow sleeve
- do not share food containers, utensils, cups or glasses
- change your linens every couple of days
- take any medicine that has been prescribed in the way it was prescribed
- tell your doctor or health care provider if symptoms get worse

If you have been sent home because of the diagnosis of influenza, complete your five days off campus by resting and staying on prescribed regimens. Employees and students who no longer have a fever without using fever reducing medication may return to the University in less than five days if they present the Wellness Center (students) or Human Resources Department (employees) with documentation from their personal physician clearing them to return to class or work.

### ***How can I tell the difference between seasonal and H1N1 flu?***

If you have the Influenza symptoms of a fever of 100 degrees or more and respiratory symptoms then get tested for Influenza. If the Influenza Rapid Test is positive then a second test will be done and sent to the Health department to determine if it is the H1N1 virus.

### ***What do I do if the doctor tells me I have the flu?***

As soon as you have been diagnosed with influenza you are to make arrangements to go home within hours. President Powell's policy states: "Because we're primarily a residential community many people can't be quarantined so under most circumstances students or employees with symptoms of the influenza will be sent home for five calendar days.

**This is truly a situation where the protecting the whole community outweighs the inconvenience.**

### ***If I am sent home for five days will I be penalized for missing class and how do I make up any work I miss while I'm away from school?***

If you are diagnosed with influenza, the Wellness Center will notify the Associate Vice President for Academic Affairs who will then notify your professors. You will not be penalized for your absences, but you will be encouraged to keep up with reading and other assignments from home. You are also encouraged to communicate with your professors via email; instructors are likely to have opportunities for students to participate in the class even from a distance, via Blackboard. Your professors will work with you to reschedule exams and other missed assignments once you return to campus.

### ***What about employees who are sent home with flu symptoms?***

Employees, like students, will have to stay home five days from the first time they show flu symptoms. Employees can use paid leave if they're sick so no one should worry about missing a paycheck. It is important for all of us that you get well before you hurry back to us.

### ***Where should I go if I'm sick and can't get home right away?***

The University policy states: "There may be students who display symptoms of influenza but whose homes are sufficiently distant from the Mount to make traveling impractical. The Mount is committed to securing suitable accommodations so they may be quarantined during the period they display the symptoms of the flu...the Mount will do whatever it takes to ensure all of our students are cared for while protecting the entire University community."



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### *How do I prevent the flu?*

The best way to avoid getting the Flu is to get the Flu shots. There is no real substitute; everyone should get both the Seasonal and the H1N1 flu vaccines.

**WASHING YOUR HANDS COMPLETELY AND OFTEN IS STRONGLY RECOMMENDED TO PREVENT THE SPREAD AND CONTRACTING OF THE FLU VIRUSES**

### *Which should I get first, the seasonal flu shot or the H1N1 shot – both?*

There will be up to four rounds of Flu shots this year. Seasonal Flu shots are \$25.00, we hope the H1N1 shots when available will be free. Having everyone vaccinated will protect those here at the Mount, families at home and at work sites. There may be a few who have a known allergy to egg or to flu shots and these people MAY NOT get vaccinated.

- Be vigilant for symptoms and those of friends and roommates.
- Encourage those who are sick to get help right away.
- We are testing in the Wellness Center and are there for you.
- It will take all of us to stop the Influenza in its tracks.

### *When will the Mount have the flu vaccine?*

Our goal is to be so well vaccinated that Influenza takes a detour around the Mount and Emmitsburg. We'll announce the vaccination clinics as soon as we have secured the vaccine.

### *Is the Mount at risk for a flu outbreak?*

The Mount is a risk for Flu outbreak both for H1N1 and Seasonal influenza because so many are living so close and because the H1N1 targets the population group 18 -25. However, if people are well vaccinated, we can have a very good year.

#### REMINDERS:

- We need the eyes and ears of all who are in touch with the sick
- Encourage a student to get checked out if they are sick,
- Notify your RA or a supervisor if someone is endangering others by not getting evaluated and treated.

We are our brother's keeper that was made clear 2,000 years ago. Let us care for and about each other.

### *How can I find out more?*

Go to: [www.msmary.edu/flu](http://www.msmary.edu/flu)

Learn more at the CDC website: [www.cdc.gov/h1n1flu/](http://www.cdc.gov/h1n1flu/)

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