Action Steps for SUNY Canton Faculty and Staff to Prevent the Spread of the Influenza (Flu)

As the traditional seasonal flu season begins this fall we are faced with an additional novel flu H1N1 (Swine Flu) influenza. It is important that you take the following steps ALL the time and not only during flu season to help keep yourself and our students from getting sick with flu.

- **Everyone needs to practice good hand hygiene** by washing hands frequently especially after touching common items such as keyboards, door knobs and elevator buttons or after you cough or sneeze. Use soap and water or alcohol-based hand cleaners. Instant hand sanitizers are located across campus.

- **Be a good role model** by practicing good hand hygiene and covering your mouth and nose when coughing or sneezing with a tissue or your sleeve. Avoid contact with ill persons. Maintain a distance of three feet from anyone coughing or sneezing whenever possible.

- **Keep an eye out for sick students and send them to the College Health Center for further evaluation.** Sick people should stay at home until at least 24 hours after they no longer have a fever or signs of a fever (without the use of fever-reducing medicine).

- **Clean surfaces and items** that are more likely to have frequent hand contact such as desks, door knobs, keyboards, or pens, with cleaning agents that are usually used in these areas.

- **If you are sick with a flu-like illness (fever - 100 degrees or higher and have any flu symptoms such as a sore throat, cough, aches, nausea) stay home** until at least 24 hours after you no longer have a fever or signs of a fever (without the use of fever-reducing medicine). Please notify the Health Center by phone if you do have flu like illness so we can track flu activity on campus.

- **If you are pregnant, have asthma, diabetes, or other conditions that put you at higher risk for complications from the flu, you should speak with your doctor as soon as possible** if you develop symptoms of flu-like illness. People at high risk of flu complications who develop flu can benefit from early treatment with antiviral medicines.

- **If you have children**, plan ahead for child care if your child gets sick or his or her school is dismissed.

- **Think ahead in the event that the flu becomes widespread.**
  - **Develop options for how work can be continued at home** (e.g., homework packets, Web-based lessons, phone calls), if school is dismissed or your students are sick at home because someone in their household is sick.
  - **Be prepared for sick students or staff stay home for several days.** Sick people should stay at home until at least 24 hours after they no longer have a fever or signs of a fever (without the use of fever-reducing medicine). Those who are still sick after 7 days should continue to stay home until at least 24 hours after symptoms have gone away. Because the recommendation is for students/staff to self-quarantine until fever is resolved, expect many 3-7 day absences from classes and work. You may need to adjust attendance polices to accommodate and think creatively especially about how students can access course work or work assignments from their rooms. While normally we encourage attendance when students feel they are able, in this case we are insisting that they follow recommendations for their own well-being as well as the health of our community
  - **Allow high-risk students to stay home.** These students should make this decision in consultation with their physician or other health professional.
  - **Find ways to increase social distances** (the space between people) in your classroom. For example, you might rearrange desks so that there is more space between students or postpone class trips.

For more information: Visit: [www.flu.gov](http://www.flu.gov) or Contact CDC 24 Hours/Every Day 1-800-CDC-INFO (232-4636); TTY: (888)232-6348; cdcinfo@cdc.gov

Reference Source: [http://www.cdc.gov/h1n1flu/schools/toolkit/teacherfactsheet.htm](http://www.cdc.gov/h1n1flu/schools/toolkit/teacherfactsheet.htm) August 7, 2009