



Student Guidelines for the 2009-2010 Flu Season

Dear students:

As you may know, flu can be spread easily from person to person. Cal State Fullerton is taking steps to prevent the spread of flu on campus for as long as possible, **but we need your help to accomplish this.**

We are working closely with Orange County Health Care Agency to monitor flu conditions and make decisions about how best to continue instruction and other campus activities during a flu outbreak. We will keep you updated with new information as it becomes available to us. Information will be sent via email and posted on the University's home page.

For now here are a few things you can do to help:

Practice good hand hygiene by washing your hands with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners also are effective.

Practice respiratory etiquette by covering your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder, not into your hands. Avoid touching your eyes, nose, or mouth; germs are spread this way.

Know the signs and symptoms of the flu. A fever is a temperature taken with a thermometer that is equal to or greater than 100 degrees Fahrenheit or 38 degrees Celsius. Look for possible signs of fever: if the person feels very warm, has a flushed appearance or is sweating or shivering.

If you have the flu or a flu-like illness, stay off campus for at least 24 hours after you no longer have a fever (100 degrees Fahrenheit or 38 degrees Celsius) **or signs of a fever** (have chills, feel very warm, have a flushed appearance, or are sweating). This should be determined without the use of fever-reducing medications (any medicine that contains ibuprofen or acetaminophen). Upon recovery, you will be able to return to campus and your classes without the need for a note from your health care provider.

If you are already on campus attending classes, and feel the on-set of flu or a flu-like illness and signs of fever, inform your professor, and then go straight home. Please do not visit the Student Health and Counseling Center. If you live in on-campus housing, let your R.A. know so that appropriate Housing Office staff can assist you. Please understand that your professor is responsible for the health and safety of

the entire class. He/she has been asked to dismiss any students with symptoms of flu-like illness from the classroom in order to prevent potential transmission of such illness.

Talk with your personal health care providers or a provider at the Student Health and Counseling Center on campus about whether you should be vaccinated for seasonal flu. If you are at higher risk for flu complications from 2009 H1N1 flu, you should consider getting the H1N1 vaccine when it becomes available. People at higher risk for 2009 H1N1 flu complications include pregnant women and people with chronic medical conditions (such as asthma, heart disease, or diabetes). For more information about priority groups for vaccination, visit www.cdc.gov/h1n1flu/vaccination/acip.htm.

Clean surfaces and items that are more likely to have frequent hand contact. No special disinfection beyond routine cleaning is recommended.

If this year's flu season becomes more severe, we may take the following additional steps to prevent the spread of the virus:

Find ways to increase social distances (the space between people) by cancelling some events and meetings to slow the spread of the infection.

Cancel classes. This decision will be made only by the University President on the advice of Orange County Public Health and a consensus with campus administrators. The length of time classes will be cancelled will be determined by the severity and extent of illness.

Those planning to travel should:

Check for fever and any other signs of flu-like illness before starting travel and stay home if you are ill.

Contact your health care provider for advice if you become ill while traveling or on temporary assignment.

See CDC's Travel Website (www.cdc.gov/travel) for more information for travelers.

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