

We are taking steps to prevent the spread of seasonal and H1N1 flu at BCU for as long as possible. We need your help to accomplish this. Below is information regarding preventing the spread of both seasonal and H1N1 flu and BCU's planned response in the event a case of H1N1 is reported on our campus.

We are working closely with the Siouxland health department to monitor flu conditions and make decisions about the best steps to take concerning our institution. We will keep you updated with new information as it becomes available to us.

We are asking that you assist us in these efforts! 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.
- Stay home if you have flu or flu-like illness 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). Don't go to class or work.
- Talk with your health care providers about whether you should be vaccinated for seasonal flu. Also 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](http://www.cdc.gov/h1n1flu/vaccination/acip.htm).

We are taking the following additional steps to prevent the spread of the virus:

- Installation of hand sanitizer dispensers in key locations such as computer labs, near the café, elevators, etc.
- Increased cleaning of classrooms, the cafe and other public spaces.
- Face masks will be used in the health office for students and employees presenting with symptoms of the flu and/or a cough to prevent spread of this airborne virus.
- Both seasonal and H1N1 flu vaccinations will be available on campus. When these become available we will notify the campus community.
- University health representatives will be attending faculty, staff, administrators and residential floor meetings to educate the campus community.

#### **If you feel sick:**

- Try to limit contact with others as much as possible.
- Notify appropriate university officials. Students should notify their resident assistant or hall director, faculty, and the health office. Faculty, staff and administrators should notify their immediate supervisor.
- Please do not attend group gatherings, including class or meals, while you're ill. If you are a residential student, please notify your resident assistant or hall director and your meals will be delivered to your room.
- If you have questions about your illness, call the Health Office at 712-279-5436.
- You should remain in your residence hall room, apartment, or home until at least 24 hours after you are free of fever, without the use of fever-reducing medications.
- If needed, residential students with confirmed flu-like symptoms may be isolated in available residence hall space. When possible, students will be asked to return home until they are no longer sick.

For more information about flu in our community and what our institution is doing, visit the BCYOU student portal under campus alerts on the home page.

We will notify you by email, BCYOU student portal and the webpage of any updates or additional changes to our strategy to prevent the spread of flu on our campus.

Additional Resources:

<http://www.cdc.gov/h1n1flu/>

<http://www.siouxlanddistricthealth.org/>