

Guidelines for H1N1 Response for Students Living in On-Campus Housing at SDSMT

All on-campus students should do the following if they begin to notice symptoms of the H1N1 virus (also known as Swine Flu):

- You should immediately notify the Residence Life Office of your condition at reslife@sdsmt.edu or call (605) 394-2348. ResLife Sr. Staff will then contact your RA, the Dean of Students Office, Dining Services, and custodial services as needed.
- See a health professional at an area hospital/doctors office or contact the Student Health Center at ext: 2354
- If you live within 100 miles of campus you should strongly consider going home until you are no longer contagious.
- Stay in your room and isolate yourself as best as you can to avoid infecting other residents of the building.
- Contact your professors and let them know that you will not be able to attend classes, however if you must go, wear a face mask and avoid prolonged contact with others.
- Facemasks will be issued by the Residence Life Office and brought to students that need them.
- Remember that according to the CDC, you should stay isolated for 24 hours after you are symptom/fever free. This means your fever should be gone without the use of a fever-reducing medicine for at least 24 hours.

The following are recommendations for how to keep yourself isolated if you are experiencing flu-like/H1N1 symptoms - depending on the type of housing you have with SDSMT. Please note that these measures are being stressed in order to keep the residence areas on-campus safe and secure. Our goal is to minimize infection and protect the general welfare of the campus community not to single out an individual.

Apartments:

Students in the apartments should do the following if they have symptoms of flu-like/H1N1 virus:

- Contact their respective apartment manager to arrange to have a schedule put together for garbage pick-up and for your apartment manager to get you any needed items (i.e. food, personal products).
- You will be issued a face mask to reduce the risk of transmission of the virus from yourself to others.

Double Rooms*:

Students in double rooms on-campus are strongly urged to do the following if you are experiencing flu-like/H1N1 symptoms:

- Custodians will be doing a garbage run Monday-Friday at 7:30 am. Please place your garbage outside of your room no more than 15 minutes prior to that time in order to reduce the chance of others being exposed to the virus.
- Dining Services will make arrangements to bring you food, it will be left outside your door and Dining Services will knock, leave, and you can safely open your door and take the food.
- Contact your RA if you need any personal items, they will make arrangements with you to get them for you.
- A shower stall, toilet stall, and sink will be designated for use by those students with H1N1 to minimize infection spread.
- Infected students in doubles will be given a mask that should be worn to reduce the risk of transmitting the virus to others.
- Roommates that are not sick will be issued a mask and should either wear it or isolate themselves as well.

Quads/Study Quads

Students in quads on-campus are strongly urged to do the following if you are experiencing flu-like/H1N1 symptoms:

- Custodians will be doing a garbage run Monday-Friday at 7:30 am. Please place your garbage outside of your room no more than 15 minutes prior to that time in order to reduce the chance of others being exposed to the virus.
- Dining Services will make arrangements to bring you food, it will be left outside your door and Dining Services will knock, leave, and you can safely open your door and take the food.
- Contact your RA if you need any personal items, they will make arrangements with you to get them for you.
- Infected students in open quads will be given masks that should be worn to reduce the risk of transmitting the virus to others.
- Roommates that are not sick will be issued a mask and should either wear it or isolate themselves as well.
- Students in Study Quads, as you are able, should designate one of the bedrooms for sick occupants and the other partition for healthy occupants, to reduce contact and risk of infection.

*Students at NAU – please be aware that NAU will have protocols for their facility. We will work with NAU personnel to best meet your individual and community needs.

From the CDC – learn more at <http://www.cdc.gov/H1N1FLU/>

Take these everyday steps to protect your health:

- 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. Alcohol-based hand cleaners* are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Keep away from others as much as possible to keep from making others sick.

What are the signs and symptoms of this virus in people?

The symptoms of 2009 H1N1 flu virus in people 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. Severe illnesses and death has occurred as a result of illness associated with this virus.