



# H1N1 INFLUENZA FACULTY UPDATE

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## NC State Resources

- First Infectious Disease Plan – 2006
- Updates posted regularly – latest August 2009  
[www.ncsu.edu/ehs/pandemic/index.htm](http://www.ncsu.edu/ehs/pandemic/index.htm)
- Emergency Information Page  
[www.ncsu.edu/emergency-information](http://www.ncsu.edu/emergency-information)
- Student Health Services  
[www.ncsu.edu/student\\_health](http://www.ncsu.edu/student_health)

# H1N1 As A Public Health Concern

- New influenza strain, both nationally and internationally prominent
- World Health Organization declared pandemic (Phase 6) June 2009
- Estimated attack rate varies but is highest in ages 25 and younger
- Likely no immunity if under age 60
  - 1/3 over age 60 might have some immunity

## H1N1 VACCINE UPDATE

- H1N1 Vaccine is in clinical trials and expected mid October
- Will require 2 shots, likely 3 weeks apart
- “Priority” groups receive it first, due to shortage
- NC State will be “point of distribution” of vaccine
- Coordinating with Wake County Emergency Management
- Need seasonal flu vaccine (1 dose) as well

# H1N1 and NCSU – the “Perfect Storm”

- June 10: first NCSU confirmed cases
- Additional cases since
- 10 cases since August 20
- Most recent case – today

## THE PERFECT STORM

- H1N1 HERE NOW - NO VACCINE YET .
- FALL SEMESTER STARTING - THOUSANDS ARRIVING
- HIGHEST H1N1 ACTIVITY - UNDER 25
- H1N1 WILL STILL BE ACTIVE WHEN SEASONAL FLU ARRIVES IN FALL



# H1N1 Information for Faculty Will Include

- Essential Information about H1N1
- H1N1 Impact on Faculty
- H1N1 Impact on Student
  - Self-isolation
  - Academics
  - Excuse
  - Notification of contacts
- Faculty Role in University H1N1 Efforts

## Essentials of H1N1

- Symptoms may include: fever over 100, cough, sore throat, body aches, headache, fatigue, runny or stuffy nose, vomiting, diarrhea
- Incubation: 1-7 days (exposure to symptoms)
- Contagious: 1 day before symptoms start and up to 7 days or more after (most contagious during fever)

## How Flu Spreads

- Exposure to a **SICK PERSON**
- Exposure to a **“SICK” THING**

# How Flu Spreads

- Sick PERSON
  - Cough, sneeze (virus can travel up to 6 feet and land in nose or mouth of well person)
  - Direct contact (shared drink, kiss)
- “Sick” THING
  - Contaminated by sick person’s cough, sneeze, or touch (virus can live up to 8 hours on THINGS)
  - Well person touches THING and brings hands to face

## IF YOU ARE WELL

- Avoid sick PEOPLE
- Clean hands after touching THINGS
  - soap and water or alcohol-based hand sanitizer
- Avoid touching your mouth, nose, or eyes
- Prescription anti-viral (Tamiflu) sometimes given to prevent after known exposure
- H1N1 vaccine, when available

## IF YOU ARE SICK

- Remember that many illnesses that are not flu can have similar symptoms (colds, allergies)
- “Mild” symptoms: can often self-treat
- More than “mild” symptoms or if diagnosis not certain: arrange a medical visit

## How Flu is Diagnosed

- Might diagnose based on symptoms (no testing)
- Rapid flu test
  - may or may not detect this new strain of flu
  - if rapid flu is positive for influenza A, assume H1N1 since that is strain currently being seen
- Specialized H1N1 testing
  - not routinely done
  - reserved for hospitalized or other special situations

## **Latest CDC recommendations for schools, businesses, and community settings:**

- ***CDC recommends that people with influenza-like illness remain at home until at least 24 hours after they are free of fever (100 degrees), or signs of a fever without the use of fever-reducing medications. CDC, August 2009***
- **Fever often lasts 2-4 days, so self-isolation for many people will average 3-5 days**

# Precautions When Sick

- Use tissue for cough or sneeze, then discard
- Clean hands frequently
- Decontaminate THINGS frequently
- **Friends don't cough on friends!**
- Continue respiratory precautions and cleaning hands for a few more days after isolation over

## What is predicted about faculty becoming ill with H1N1?

- Faculty are as likely to get exposed to H1N1 in the community as at NC State
- Assume that no faculty member is immune unless the person has already had H1N1
- Expect faculty outages due to H1N1

# What can faculty members do to prepare for being out sick?

- Inform students how they will be notified if faculty ill
- Keep roster of students and contact info
- Plan for a possible 1 week outage
- Finish today's work today; illness can come on quickly
- Assume that faculty will be too ill to do any job-related activities while self-isolating
- Have a plan so students can continue course work during faculty absence
  - Might include colleague substituting or students doing assignments independent of classroom

# How can faculty stay healthy while H1N1 is going around?

- Avoid sick people
- Clean hands after touching things (wash or sanitizer)
- Do not touch mouth, nose, or eyes
- Avoid handshakes (or sanitize later)
- Do not touch eyes, nose, or mouth while grading papers that were recently turned in
- Sanitize hands before and after touching shared equipment in lecture room
- Get H1N1 vaccine when available

## What should a sick faculty member do?

- Contact your medical provider if symptoms are more than mild or if diagnosis is not certain
- Follow medical provider's advice about treatment and self-isolation

## What is a student with flu being told about self-isolation?

- Stay away from school, work, socializing (athletic events, church) for at least 24 hours after fever is over without having to take fever-reducing medications; averages 3-5 days out
- Stay out longer if debilitating symptoms linger
- Stay away from well people at residence
- Continue droplet and hand precautions after self-isolation over

## What should a sick student do about academics?

- Notify instructors of illness by phone or e-mail (do not visit instructor and expose to flu)
- Develop plan with faculty to keep up with course content and make up missed work, if possible
- Assume student will be too ill to study while self-isolating
- Incomplete or medical drop sometimes needed

## What should a sick student do about a medical excuse?

- Receipt is given at conclusion of visit to Student Health
- Students who self-treat mild flu case or those who recover without seeing a medical provider will not have paper verification of illness
- Student should not visit Student Health for the sole purpose of paper verification of an illness that is now over or that does not require medical care
- Many students will have no proof of illness. Student and faculty should attempt to work it out without involving Student Health

## Should a sick student notify classmates?

- Not necessary to notify all classmates
- Appropriate to notify close school contacts if contagious when last at school (lab partner, office mate)
- Public health rationale:
  - People should practice good health habits and watch for symptoms while H1N1 is in the community, not only when a classmate is ill
  - Classmates are as likely to get exposed in the community

## What should faculty say if in charge of notifying contacts?

- Use generic terms rather than student's name, if possible
- Sample notification:  
“A student enrolled in class has been diagnosed with presumed H1N1 influenza. There is no way to be certain who, if anyone, might have been exposed, but you are encouraged to self-monitor for flu symptoms for a few days.”

## If a student went home with flu, should classroom be sanitized?

- Routine cleaning within the university is ongoing, regardless of whether there is H1N1 activity
- Flu virus might survive up to 8 hours on surfaces
- If a student went home sick in the last 8 hours and had substantial contact with shared items that others are now touching (lab or studio items, keyboard, phone), consider sanitizing items
- Clean hands after touching items that cannot be sanitized and avoid touching face

# Faculty Role in University H1N1 Efforts

Communicate with students:

- Avoid the sick
- Clean hands often
- Carry hand sanitizer
- Decontaminate THINGS often
- Keep up with school while well
- Follow CDC guidelines (stay home if ill and self-isolate)
- Get medical help, if needed
- Faculty will assist student who has outage due to illness



## All Students, Faculty, Staff should...

- Exercise flu prevention precautions while on or off-campus
- Self-monitor for symptoms while H1N1 activity is being reported in the community
- Self-isolate as recommended
- Seek medical care as recommended
- Read flu updates at university web and [flu.gov](http://flu.gov)



**Thank you!**  
**Questions?**

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