

Information for Parents

As Liberty University prepares for potential impact of the H1N1 influenza, commonly known as swine flu, parents of students can provide valuable assistance through communication with your sons or daughters.

Parents should encourage students to observe the following preventative steps:

- Everyone should wash their hands thoroughly and often with soap and water.
 - In the absence of soap and water, use alcohol-based sanitizers.
- Everyone should cover his or her mouth and nose with their upper sleeve when they cough or sneeze.
- Everyone should avoid sharing utensils, cups, drinks or personal-care items, and should avoid touching their eyes, nose and mouth.

The symptoms of swine flu are similar to the symptoms of regular human seasonal influenza and include:

- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Headache
- Chills
- Fatigue

We recommend that students purchase a thermometer so that, if necessary, they can check their own temperature. If a student's temperature rises to 100 degrees or above and he or she has the aforementioned symptoms, there is a good chance the student may have this form of flu.

Things you should do if your student is sick with H1N1 or Influenza

Symptoms:

- Encourage student to visit Light Medical. (conveniently located on-campus)
- Student must stay in isolation until 24 hours after fever resolves off fever suppressing medications per CDC guidance
- Encourage student to come home to recover if at all possible. This would require coordination between you and the student on how to pick them up
- Encourage student to wear a mask if outside of room or around others (Masks are given to individuals who see a doctor at Light Medical can be purchased at local pharmacies)
- Most healthy students do not need antiviral medication (only shortens illness by 1 day)
- Direct students with severe symptoms to go to the hospital

Warning Signs that Need Urgent Medical Attention:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough

Questions

Is there a threat to the residence hall general population?

This flu is not more severe than regular flu. The residence halls are not an increased threat; however, students are in closer contact with each other than in other areas of our university community. They have more opportunity to spread this virus, so they need to be extra diligent with washing their hands and covering their noses and mouths when they cough or sneeze.

Students with ill roommates can still share a room but must be extremely diligent in hand washing, distancing themselves as much as they can from ill roommates, wiping down all surfaces daily with sanitizing wipes, and asking those that are coughing to wear a mask if they can't contain it with a tissue or their sleeve.

We encourage social distancing during a flu outbreak. Students should:

- Limit unnecessary trips to grocery stores, malls and other crowded places
- Keep space between you and others when using public transportation or studying in the library
- Reduce social contacts and community activities
- Stay away from others as much as possible until 24 hours after your fever has ended without the aid of medications in order to not be contagious
- Consider recuperating at home if possible

Can a student stay in the residence halls if he/she is sick with flu-like symptoms or confirmed to have H1N1?

Liberty University is not equipped to provide medical care to a large number of ill students on campus. Therefore, students with a flu-like illness will be told by Light Medical to either:

- Stay in their rooms and limit contact with other students.
- Return home if home is within driving distance. Coordinate pickup with family.
- The University is isolating students in rooms that have a self contained air conditioning unit. However, when we reach maximum capacity and we can no longer isolate students, the University will have to have students stay in their room.
- Please check back with our webpage as things change. The University will provide updated information on its website.

What should a student do if they need help?

Students need to prepare by indentifying in advance a “flu buddy.” This is a friend or roommate willing to assist in running to the store for medications; transporting to and from the doctor’s office and checking on the sick student from time to time. The residence hall student leadership teams have been trained to be diligent and keep a close eye on all students.

What supplies should go in a flu kit?

To stay healthy, it is important for student to have medical and health supplies easily accessible. Students should prepare a kit with the following items to help relieve symptoms, maintain good health, and treat other minor injuries or ailments.

- Non-mercury thermometer
- Acetaminophen (Tylenol), Ibuprofen (Advil), and/or Naproxen (Aleve)
- Hand sanitizer
- Surface disinfectant (Clorox or Lysol wipes)
- Tissues
- Throat lozenges
- Antihistamine
- Antibiotic ointment for wounds or abrasions
- Bandages
- Cold pack
- Electrolyte replacement drink mix (several packages) or other clear fluids

What should a student do if they have a confirmed case of H1N1 or are sick with a flu-like illness and cannot go to class?

While we recognize that class attendance is vital to meet our academic mission, the CDC, in its latest guidance for colleges and universities, notes that it is important that students who are ill with influenza not to feel pressure from faculty to attend class or to take examinations while still symptomatic and potentially infectious.

In addition, faculty will not require doctor's notes from students to validate their illness or return to class since doctor's offices and medical facilities may be extremely busy and may not be able to provide such documentation in a timely manner.

Students with flu-like symptoms ***will be strongly discouraged*** from attending class and should communicate electronically with their faculty members regarding their situation. Students will be encouraged to keep up with their academic work as they are able. Steps to take:

- Students should email all their professors letting them know they are sick and approximately when they anticipate they may be better and able to return to class.
- Students should ask their professors to provide them information regarding missed assignments and future assignments.
- Students should carbon-copy (cc) their RD so the professor understands that Student Leadership representatives are also aware they are sick.

Please take care of yourself, follow the same protocol, prepare and prevent!