

# Information for Students

---

## Preparation

### Flu Buddy

- Students should identify a “flu buddy” that will be ready, willing and able to assist.
- Make sure you have a good contact name and number programmed in your cell phone.

### Flu Kit

To stay healthy, it is important to have medical and health supplies easily accessible. 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

## If you become ill:

### If you are sick with flu symptoms:

- Check your temperature
- Visit Light Medical (Campus North near the Post Office and LibertyOne Card Office)
- Stay in isolation and avoid contact with other individuals until your temperature is 98 F without taking fever-reducing medications
- Consider going home if family members are located within driving distance
  - Coordinate with family members or friends to transport you home
- Wear a mask if outside your room or around others (masks are given to individuals who see a doctor at Light Medical or can be purchased at local pharmacies)
- Keep yourself hydrated by drinking clear fluids (Gatorade, Sprite, Ginger Ale, Broth, Jell-O, Ice Pops, juices, etc.)
- Rest
- Take medications according to manufacturer’s specifications for symptom relief (Tylenol, Advil, or Aleve; cough medication, throat lozenges)
- Continue to cover your cough and directly dispose of tissues in the trash
- Wash your hands often to prevent spreading influenza to others
- Keep your environmental surfaces cleaned with Clorox or Lysol wipes
- If you experience severe symptoms as listed below, go directly 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

### **Special Actions:**

- Notify your RAs or RD about the situation
- Notify your professors (See below)
- Encourage friends to keep social distance from you; stay at least 6 feet away from each other
- Encourage your friends to get the seasonal flu vaccine
- Encourage your friends to wash their hands with soap and water or alcohol hand-gels
- Make sure that your RAs have current and up-to-date information on your Emergency Case History form

### **Class Attendance**

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 way.

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:

- Email all your professors letting them know you are sick and approximately when you anticipate you may be better and able to return to class.
- Ask your professors to provide you information regarding missed assignments and future assignments.
- Carbon-copy (cc) your RD so the professor understands your Student Leadership representatives are also aware you are sick.

## 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. Students 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.

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