



LCU'S Flu Preparedness Protocols for Seasonal and H1N1 Flu

Lincoln Christian University is monitoring the flu situation with the Center for Disease Control, Illinois Department of Public Health and the Logan County Department of Public Health. Please use their Web sites as resource information for the latest recommendations and status updates about our local situation regarding the seasonal flu and the H1N1 flu strains:

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

http://www.idph.state.il.us/h1n1_flu/

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

LCU is involved with various county agencies who are watching the latest developments and responding in the healthcare, education, and local government sectors of our community. Our plan represents collaboration with these sources and may differ from the response of your own local agencies in some aspects.

Phase One: Education and Prevention

- We have reviewed our existing Pandemic Flu protocols from our [Emergency Management Manual](#) with key campus personnel.
- We have been communicating prevention methods according to the **3C's: Clean** your hands by frequent thorough washing, **Cover** your cough in your arm or a tissue and **Contain** your germs by staying home if you have flu-like symptoms.
- We have communicated with posters in bathrooms, emails, announcements and Residence Hall staff.
- We have purchased and positioned hand sanitizing stations in multiple places around campus.
- We have encouraged flu shots for all Faculty, Staff and Students as they are available.
- We have encouraged rest and self-care.
- We have requested notification from students when they begin noticing flu-like symptoms.
- We have ordered and assembled basic "flu kits" to support students as they manage their symptoms.
- Severe illness and deaths have been reported with 2009 H1N1 flu infection in some people. ***We strongly encourage all Faculty, Staff and Students to become aware of symptoms, to monitor and manage their health, and to respond immediately if they suspect they have any form of the flu. They should contact a medical professional and/or LCU Student Services at first sign of a possible infection.***

Phase Two: Intervention Phase

- Per the recommendations of the CDC and other local health agencies, we will not test students to confirm a positive H1N1 infection or to distinguish between seasonal flu and H1N1 infection. The results from these tests are not immediately helpful or available. According to the CDC, ***most people in the general population will recover from the H1N1 flu strain in 2-3 days without treatment, as long as they stay hydrated and get plenty of rest.***
- We will strongly recommend testing for students who are in the "At-Risk" populations as defined by the CDC and other local health agencies (pregnant women and people with chronic medical conditions like asthma, heart disease, diabetes, etc.).
- As students begin to show flu-like symptoms we will distance them from the general student population immediately in an available dorm. Symptoms include: 100+ degree fever, chills and cough or sore throat, runny nose, body aches, headache, tiredness, diarrhea and/or vomiting, difficulty breathing or shortness of breath, pain or pressure in the abdomen, sudden dizziness, and confusion.

- We will ask students with flu-like symptoms to contact their parents immediately to arrange for travel home within 24-hours of our notification.
- We will arrange for extended distancing of students who live further than 3 hours from campus.
- Food service will supply distanced students with meals in their quarters.
- Residence Life and Health Services Staff will monitor the health of distanced students.
- Students or Employees who have symptoms of flu-like sickness should not return to campus or a normal schedule until they have been fever-free for at least 24-hours.

Phase Three: Suspension of Operations

- If an infection becomes widespread on campus, interfering with normal, safe operations, or if the Federal, State or Local authorities recommend it, the Campus may be closed temporarily per our Emergency Management Manual.
- We will notify the public, students and affected families via our Web site, email and other available communication means.