



RICHARD BLAND COLLEGE

Response strategies for the 2011-2012 academic year to Influenza (Flu)

The administration of Richard Bland College is aware of the need to limit the spread of seasonal influenza. We have formulated a plan of action to prevent the spread of influenza using the guidelines set forth by the CDC for institutions of higher learning. Our plan and strategies may change in response to any changes set forth by the CDC. Please keep in mind that a plan is only as good as those who institute it and follow it. We hope to fully enlist the help of faculty, staff, students, and families to make every effort to follow these guidelines and do the best possible job of preventing the spread of influenza. Our goal is to have a successful academic year with minimal interruptions while maintaining the health and safety of those who visit our campus. Please join us in achieving our goal.

What does the flu (influenza) look like?

1. fever
2. cough
3. sore throat
4. runny or stuffy nose
5. headache
6. chills
7. fatigue
8. body aches
9. sometimes vomiting and diarrhea

What should you do if you get sick?

1. Stay home and avoid contact with other people until you are fever free for 24 hours except to get medical care. Most people with flu have mild illness and do not need medical care or antiviral drugs.
2. If you are at high risk (young children, people 65 and older, people with asthma or other chronic breathing problems, diabetics, and pregnant women) should talk to their healthcare provider to determine whether they need to be examined and receive healthcare.
3. If your symptoms progress past mild discomfort or respiratory difficulty(difficulty breathing, chest pain or abdominal pain, sudden dizziness, confusion, severe or persistent vomiting, flu-like symptoms that improve but return worse with cough) seek out medical care immediately.
4. Remember frequent hand washing and if you find it NECESSARY to be out on campus while sick remember we have masks in the lobby of Student Health.

Remember if you have any questions we can be reached at 863-1603.

The administration of Richard Bland College encourages you to keep an eye on the important messages on the RBC webpage. If the influenza severity increases we may have to modify our policies in accordance with CDC guidelines or local conditions. If necessary, we will use the RBC alert system to make the campus aware of any changes or school closing if deemed necessary. It is our goal to provide an environment where the maximum educational benefits can be provided in the most safe and effective manner. We appreciate your continued cooperation during this seasonal influenza season!

Dr. Teresa Stillion, Director of Student Health