



## RICHARD BLAND COLLEGE

### Response strategies for the 2009-2010 academic year to Influenza (Flu)

The administration of Richard Bland College is aware of the need to limit the spread of H1N1 influenza as well as 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.

#### Under Current Flu Conditions

##### Residential Students

We will be facilitating the self-isolation of residential students. The self-isolation period should continue until the student has been free of fever for at least 24 hours without the use of fever reducing medication. Faculty members are aware that students are encouraged to miss class if they are ill and should not be penalized. Students are encouraged to establish a flu buddy who can bring them meals and help take care of them if they are ill. If no buddy is available please contact the resident advisor for your floor. If a student lives nearby they are encouraged to self isolate at home, but this is not mandatory. Residential students are asked to contact the Office of Residence Life at 804-862-6161 if you become ill with a flu-like illness so a staff member can make daily contact with you. If close contact cannot be avoided in multi-student suites a mask will be provided for you to wear while in close contact. Students are encouraged to seek prompt medical attention with their private physician or with Student Health if they have a medical condition that puts them at increased risk of severe illness from flu, are concerned about their illness, or develop severe symptoms such as increased fever, shortness of breath, chest pain or pressure or rapid breathing. When using the Student Health Center we ask that you call 804-863-1603 prior to coming for your visit in order to ensure that you are seen promptly in order to decrease the spread of the virus.

## Non-Residential Students, Faculty and Staff

Non-residential students, faculty and staff with flu-like illness are asked to self-isolate at home until at least 24 hours after they are free of fever without the use of fever reducing medicines. There will be a liberal leave policy for those faculty and staff staying home when they are ill or caring for an ill family member. Faculty have received a separate letter from Dr. Lindquist describing several strategies for dealing with absenteeism during this period.

We encourage all students, faculty, and staff to receive the seasonal and H1N1 vaccinations if there are no contraindications. We will be offering both of these vaccines on campus when they become available to us. Please keep in mind if you are able to obtain the vaccine in a timelier manner from another source we would encourage you to do so.

If you are a member of a group at high risk from complications of the flu or a flu-like illness we encourage you to speak with a health care provider as soon as possible. Groups that are at higher risk of complications from the flu include children under age 5, people age 65 or older, children and adolescents under age 18 who receive long term aspirin therapy, pregnant women, adults and children who have asthma, other chronic pulmonary disorders, cardiovascular, hepatic, hematological, neurologic, neuromuscular, diabetes, and adults and children with immunosuppression from drugs or by HIV.

We strongly discourage visits to campus by ill persons for any reason.

The administration of Richard Bland College encourages you to keep an eye on the important messages on the R.B.C. webpage. If the influenza severity increases we may have to modify our policies in accordance with C.D.C. guidelines or local conditions. If necessary, we will use the R.B.C. 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 H1N1 and seasonal influenza season!

Dr. Vernon Lindquist, Provost and Dean of Faculty  
Dr. Teresa Stillion, Director of Student Health