**Influenza Plan**

**July 1, 2022**

The administration of Richard Bland College is aware of the need to limit the spread of seasonal

influenza. Our plan and strategies may change in response to any changes set forth by the Centers for Disease Control (CDC) and the Virginia Department of Health. 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 work, study and visit our campus.

What does the flu (influenza) look like?

* fever
* cough
* sore throat
* runny or stuffy nose
* headache
* chills
* fatigue
* body aches
* sometimes vomiting and diarrhea

**Procedures**

What should you do if you get sick?

1. Stay home or in your room 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 symptoms 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, diabetic and/or pregnant) you should talk to your healthcare provider to determine whether there is a 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 to wear a mask or face covering.
5. If you have any questions, concerns, or are in need of medical attention please contact the Department of Campus Safety & Police (x6111 or 804-863-4085) or 911.

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 safest and most effective manner.