

San Jose City College has been designated as a community partner

The Public Health Department is recommending vaccination for the seasonal flu asap. In October, the first H1N1 is scheduled to be available and in November the second dose will be administered.

San Jose City College has been designated as a community partner and will be dispensing the vaccine.

There are many public sites providing the seasonal flu immunizations, including:

www.Walgreens.com<<http://www.Walgreens.com>>

<http://www.cvs.com/CVSApp/user/home/home.jsp>

Update:

- SJCC shipment of the seasonal flu vaccine is due to arrive within a week.
- During the week of September 21st, we will schedule flu clinics
- When the H1N1 vaccine arrives, we will schedule immunization clinics
- Please provide contingency plans for your students to continue and complete their academic commitments.

From the Campus Student Health Center and Safety Officer, thank you for your patience and understanding.

Recommendations for Faculty and Staff Regarding Students and Staff with Flu-Like Symptoms



The CDC is recommending as institutions of higher education begin school that we are all diligent in preventing the spread of the flu. The symptoms of H1N1 and Seasonal flu are very similar. **The symptoms are:**

- Fever- possible signs: flushed, warm, sweating
- Cough
- Chills

- Sore throat
- Runny nose
- Body aches
- Headache
- Tiredness
- Diarrhea and or vomiting

If you notice a student or staff exhibiting any of these symptoms, please advise them to do one of the following:

1. Come to Student Health Services SC-124 to be evaluated or
2. Go home and stay there until their symptoms have totally subsided for 24 hours. This may take 3-7 days or longer. They must be free of fever for 24 hours before returning. They need to avoid other people, cover their mouth and nose with a tissue when coughing or sneezing, and wash their hands frequently. If their symptoms become worse, they should call Student Health Services at 298-2181, option 3, extension 3724 or contact your Health Care Provider.

Virtually all the Influenza A circulating in Santa Clara County is H1N1 and therefore, students, faculty, staff, and administration should take personal responsibility to help slow the spread of the virus. Please encourage your students to stay home if they have any symptoms and please do the same.

Information from www.cdc.gov/h1n1flu/institutions/toolkit/questions.htm and July 9, 2009, Provider Fax from the Santa Clara Public Health Department

Action Steps for San Jose City College Students, Faculty, and Staff to Prevent the Spread of Flu

The Centers for Disease Control and Prevention (CDC) recommends 4 main ways you may keep from getting sick with the flu, both H1N1 and Seasonal:

1. **Practice good hand hygiene** by washing your hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.

2. **Cover your mouth and nose with a tissue when you cough or sneeze.**
If you don't have a tissue, cough or sneeze into your elbow or shoulder; not into your hands.
3. **Stay home if you are sick** for at least 24 hours after you no longer have a fever (100 degrees Fahrenheit or 38 degrees Celsius) or signs of a fever (have chills, feel very warm, have a flushed appearance, or are sweating). This should be determined without the use of fever-reducing medications (any medicine that contains ibuprofen or acetaminophen). Staying away from others while sick can prevent others from getting sick too. Ask a roommate, friend, or family member to check up on you and to bring you food and supplies if needed.
4. **Talk to your health care provider or staff in the Student Health Center,** to find out if you should be vaccinated for seasonal flu and/or 2009 H1N1 flu, when the vaccine is available. Information about 2009 H1N1 flu vaccination can be found at: www.cdc.gov/h1n1flu/vaccination. Information about seasonal flu vaccine can be found at: www.cdc.gov/flu/protect/keyfacts.htm.

If flu conditions become MORE severe, students, faculty, and staff should consider the following steps:

- **Extend the time you stay home or at your residence** to at least 7 days, even if you feel better sooner. If you are still sick after 7 days, continue to stay home until at least 24 hours after your symptoms have completely gone away. Symptoms of flu include fever or chills *and* cough or sore throat. In addition, symptoms of flu can include runny nose, body aches, headache, tiredness, diarrhea, or vomiting.

Follow these steps now to prepare for the flu during the 2009-2010 flu season:

- Cover your mouth and nose with a tissue when you cough or sneeze. Cover coughs or sneezes using your elbow or shoulder instead of your hands when a tissue is not available.
- Wash your hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.
- Frequently clean your living quarters. If you live together with other students, you should frequently clean commonly-used surfaces such as doorknobs, refrigerator handles, remote controls, computer keyboards, countertops, faucet handles, and bathroom areas.
- Plan to monitor your health by checking for fever and other symptoms of flu.
- Talk with your health care provider or medical professionals in the Student Health Center, if you are at higher risk for complications from flu.
- Update emergency contact lists.
- Learn more about your institution's pandemic response plan.

For more information:

- Visit: www.flu.gov
- Contact CDC 24 Hours/Every Day
 - 1-800-CDC-INFO (232-4636)
 - TTY: (888) 232-6348
 - cdcinfo@cdc.gov

Information from the CDC website:

www.cdc.gov/h1n1flu/institutions/toolkit/actionstepsstudents.htm information