

Housing Staff:

This information is online: http://www.housing.ufl.edu/housing/news_flu.html This info is as of 8/12/09 and will be updated online as needed.

Flu Season Preparedness

UF administrators are actively planning and preparing for the flu season which will involve H1N1 flu (swine flu) in addition to other influenza. Housing administrators are part of a university-wide task force monitoring this situation. All campus facilities are in full compliance with the guidelines and recommendations of the Center for Disease Control (CDC), the Alachua County Health Department, the UF Environmental Health & Safety Department (EH&S), and the UF Student Health Care Center (SHCC). At this time, there are no campus notices or alerts. Health care professionals encourage you to **stay informed, stay healthy, and be prepared:**

Stay Informed.

- [CDC H1N1 Flu info](http://www.cdc.gov/h1n1flu/qa.htm) <www.cdc.gov/h1n1flu/qa.htm>
- [Alachua County Health Department](http://www.doh.state.fl.us/chdAlachua/) <www.doh.state.fl.us/chdAlachua/>
- [UF SHCC website](http://www.shcc.ufl.edu/medical/flu.shtml) <www.shcc.ufl.edu/medical/flu.shtml>
- [UF web site](http://www.ufl.edu) for campus-wide notices or alerts <www.ufl.edu>

Stay Healthy. (Info from the CDC and other health agencies.)

- Eat healthy, get 8 – 10 hours of sleep per night, and exercise.
- Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected persons.
- Take everyday actions to stay healthy:
 - Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
 - Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
 - Avoid touching your eyes, nose or mouth. Germs spread that way.
 - Stay home if you get sick. CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.
- Follow public health advice regarding school closures, avoiding crowds and other social distancing behaviors.
- Find healthy ways to deal with stress and anxiety.

- [Vaccinations](http://www.shcc.ufl.edu/medical/flu.shtml) <www.shcc.ufl.edu/medical/flu.shtml> for H1N1 flu for students under 24 years of age may be available in October. Seasonal flu vaccine for all students, staff, and faculty will likely be available prior to October.

Be Prepared.

- Purchase hand sanitizer for your personal use.
- Purchase air/hard surface disinfectant for your personal use.
- Include a thermometer in your personal first aid kit.

**Q and A Related to Campus Housing. Click on the Q. to see the A. (Updated on 8-11-09.)
(These will look like a list of Q's. When you click on the Q., the A will appear.)**

Q. How can I prepare NOW for flu season?

A.

- [Get vaccinated for seasonal flu and H1N1.](http://www.shcc.ufl.edu/medical/flu.shtml) <http://www.shcc.ufl.edu/medical/flu.shtml>
- Purchase hand sanitizer for personal use; purchase air/hard surface disinfectant for personal use; have a supply of over-the counter medicines available; have a supply of clear liquids available; and have a supply of tissues available.

Q. What should I do if I become ill with flu-like symptoms?

A.

- Plan to self-isolate (stay away from others) in your residence hall room or apartment for at least 24 hours after your fever is gone (without the use of fever-reducing medicine) except to get medical care or for other necessities.
- For sneezes and coughs, cover your mouth and nose with a tissue. Immediately throw away used tissue. Immediately clean hands after each sneeze or cough.
- Wear a face mask when sharing common spaces with others.
- Avoid close contact with others. Do not go to work or school or ride public transportation while ill.
- Get plenty of rest. Drink clear fluids to keep from getting dehydrated.
- If you experience the following symptoms, seek medical attention immediately:
 - Difficulty breathing or shortness of breath
 - Pain or pressure in the chest or abdomen
 - Sudden dizziness
 - Confusion
 - Severe persistent vomiting
 - Flu-like symptoms improve then return with fever and worse cough
 - More info: [UF SHCC Swine Flu and You handout](http://shcc.ufl.edu/pdf/swinefluandyou.pdf)
<http://shcc.ufl.edu/pdf/swinefluandyou.pdf>

3.

Q. What if my roommate is sick?

A.

- According to the CDC website, those who are well but living with ill family members or roommates with flu-like illness can go about their daily business as usual. They need to monitor their health daily and take common sense precautions including washing hands often with soap and water or using alcohol-based hand cleaners. They are also

encouraged to remain at least 6 feet away from the ill family member or roommate at all times. More info: [CDC Home Care Guide for Flu](http://www.cdc.gov/h1n1flu/guidance_homecare_directions.htm)
<www.cdc.gov/h1n1flu/guidance_homecare_directions.htm>

Q. Does UF quarantine or isolate ill campus residents?

A.

No. At this time, Florida is on a level 2 (on a scale of 5 with 5 being the most severe level) alert. Quarantining sick individuals is not a recommended response in a level 2 outbreak. Campus as well as off campus residents are encouraged to self-isolate in their rooms or apartments if they are experiencing flu-like illness. See "**Q. What should I do if I become ill with flu-like symptoms?**" above.

Q. Are students required to leave campus if they become ill?

A.

No. See "**Q. What should I do if I become ill with flu-like symptoms?**" above. UF does not require ill students to leave campus if they develop flu-like illnesses. However, many students may find it more comfortable to return home for that time period to continue their recovery. Whenever possible, students wishing to return home to recover should travel by private vehicle rather than public transportation.

Q. What hand sanitizers and air/hard surface disinfectants for personal use are recommended?

A.

UF Housing and Residence Education Building Services staff uses environmental preferred Johnson Diversity cleaning products and procedures which kill H1N1 and other viruses and germs. Public areas are cleaned daily M-F and as needed on the weekends. Bathrooms in standard residence halls are cleaned by staff daily M-F and as needed on the weekends. Bathrooms in residence hall apartments and suites are cleaned by staff on a weekly basis. Students are required to keep living areas clean on an ongoing basis and semi-private/private bathrooms clean between weekly staff cleanings. To that end, the CDC recommends that surfaces are kept clean "by wiping them down with household disinfectants according to directions on the product label. Several chemical germicides, including chlorine, hydrogen peroxide, detergents (soap), iodophors (iodine-based antiseptics), and alcohols are effective against human influenza viruses if used in proper concentration for a sufficient length of time."

Other recommendations:

- Linens, eating utensils, and dishes belong to those with flu-like illness do not need to be cleaned separately, but these items should not be shared without washing thoroughly first.
- Wash sheets, towels, and other linens using household laundry detergent and dry on a hot setting. Avoid "hugging" the dirty laundry of an ill individual, and clean hands with soap and water or alcohol-based cleaner immediately after handling laundry.
- Eating utensils should be washed either in a dishwasher or by hand with soap and water.
- Some Environmental Protection Agency (EPA) suggested household or personal products for cleaning and sanitizing:

Lysol Brand Disinfectant Foam Power Heavy Duty Bathroom Cleaner

Lysol Brand Disinfectant Direct Multi-Purpose Cleaner

Lysol Brand Pre-Moistened Touch-Ups Disinfecting Cleaning Wipes

Lysol Brand Foaming Disinfectant Basin Tub & Tile Cleaner II

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Lysol Brand Disinfectant Trigger Spray

Lysol Brand Disinfectant Basin, Tub, & Tile Cleaner Pre-Moistened Wipe

Lysol Brand Disinfectant Multi-Purpose Cleaner

Lysol Brand Disinfectant Pine Scent Basin Tub & Tile Cleaner

Lysol Brand Deodorizing Disinfectant Cleaner

Lysol Brand Disinfectant Bleach Plus
Lysol Brand Hard Water Stain Cleaner
Comet Disinfecting Bathroom Cleaner
Mr. Clean Multi-Surfaces Antibacterial
Ultra Mr. Clean
Windex Antibacterial Glass & Surface Cleaner
Tough Act The Heavy Duty Bathroom Cleaner
Clorox
Fresh Scent Clorox
Pine Sol Household Cleaner Disinfectant
Pine-Sol Spray
Ultra Clorox Brand Regular Bleach
Ultra Clorox Brand Fresh Scent Bleach
Ultra Clorox Brand 6.15% Bleach 30 Soluble Concentrate Clorox Company
Clorox Disinfecting Spray III
Ultra Clorox Bleach Formula

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