

Winona State University
Camp and Conference Services
Summer 2009
Statement on the Prevention and Spread of H1N1 Virus

Winona State University (WSU) is closely monitoring developments related to the H1N1 flu virus (commonly known as “swine flu”) to prevent the spread of the virus to our summer camps participants. We are following guidance from the Minnesota Department of Health, Winona County Health Department, and Winona State University Health Services Department. WSU recommends that all members of the university/camp community – students, parents, and staff, take an active role in limiting the spread of infection. This will require increased vigilance among parents and caregivers, and university camp staff to identify students and staff with influenza-like illness, in particular, looking for respiratory symptoms associated with fever.

All members of our summer community are encouraged to check the **Minnesota Department of Health website** for current information on the H1N1 virus:

<http://www.health.state.mn.us/divs/idepc/diseases/flu/h1n1/camps/index.html>

In addition, university staff, faculty and students are encouraged to follow these simple but effective health precautions:

Take everyday actions to stay healthy.

- Cover your nose and mouth you when coughing or sneezing. Cough/sneeze into your sleeve. If you do not have a sleeve, use a tissue and 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 hands 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.

What are the signs and symptoms of H1N1?

We need to vigilantly observe students and staff for illness characterized by having a fever (100° F or greater) and recent onset of at least one of the following: runny nose or nasal congestion, sore throat or cough.

- Students, faculty or staff with influenza-like illness (fever with a cough or sore throat) should stay home and not attend camps or go into the community except to seek medical care for at least 7 days even if symptoms resolve sooner.
- Students, faculty and staff who are still sick 7 days after they become ill should continue to stay home from school until at least 24 hours after symptoms have resolved.
- Students, faculty and staff who appear to have an influenza-like illness at arrival or become ill during the day should be isolated promptly in a room separate from other students and sent home.
- Aspirin or aspirin-containing products should not be administered to any confirmed or suspected ill case of novel H1N1 influenza virus infection aged 18 years old and younger due to the risk of Reye syndrome. Refer to pediatric medical management for guidance regarding use

of any medications, especially those containing aspirin.
(<http://www.cdc.gov/h1n1flu/clinicians/>)

- Parents and guardians should monitor their school-aged children, and faculty and staff should self-monitor every morning for symptoms of influenza-like illness.

Students, faculty and staff should stringently follow sanitary measures to reduce the spread of influenza, including covering their nose and mouth with a tissue when coughing or sneezing (or coughing or sneezing into their sleeve if a tissue isn't available), frequently washing hands with soap and water, or using hand sanitizer if hand washing with soap and water is not possible.

For more information and in case of emergency, contact:

Ann Durley, Coordinator of Camp and Conference Services
adurley@winona.edu
507.474.3902

Diane Palm, Director of Health Services
dpalm@winona.edu
507.457.5548

Other resources:

Minnesota Department of Health:
<http://www.health.state.mn.us/divs/idepc/diseases/flu/h1n1/camps/index.html>

Winona County Community Health Services
<http://www.co.winona.mn.us/se3bin/clientgenie.cgi>

Center for Disease Control
<http://www.cdc.gov/h1n1flu/camp.htm>

June 23, 2009