Dear Campus Community,

All indications suggest that the H1N1 flu (Swine Flu) will likely reemerge this year on college and university campuses across the United States. The College’s H1N1 Flu Task Force is carefully monitoring all information provided by the Center for Disease Control (CDC) the World Health Organization (WHO) and information from the State and County Health Departments to ensure we have the most up to date information available. Our goal will be to communicate any relevant information and plans to address this growing health concern during the year.

We have developed several plans, in accordance with CDC recommendations, in case flu cases occur on Beloit’s campus.

Staying Healthy
Our Task Force will emphasize as our first step and top priority illness prevention. The College’s Health Center under the direction of Jan Floto and several Biology classes will be working together to educate the campus community about proactive ways to avoid becoming infected by the virus. For example all of us should:
- wash hands thoroughly and often throughout the day
- sneeze or cough into tissues or shirt sleeves, not hands
- get plenty of sleep and eat healthy
- drink plenty of juice and water
- don’t share plates, cups, utensils
- use disinfectant hand gels which will be more available around campus this year
- stay home if feeling sick especially if symptoms include coughing, sneezing, fever, body aches
- get the H1N1 flu shot as soon as it is available—the CDC is recommending that anyone aged 24 or under receive the H1N1 vaccination as well as the regular flu shot
- avoid crowds or places where people are sneezing and coughing
- students who feel sick should measure their temperature and let the Health Center know if they have a temperature above 101; faculty and staff should stay home or see their doctor

Early diagnosis
Research strongly suggests that “social isolation” is one of the best strategies for avoiding the spread of the flu. If you are feeling sick, it is best that you stay home and avoid contact with others, especially in confined spaces like offices, classrooms, Sports Center, and Commons. Human Resources will be communicating with employees about the policies and guidelines for using sick leave, particularly in the unlikely event the College is ordered to close to prevent the spread of the flu. Such an order will come from the County or State Health Departments based on CDC guidelines. Any such notification will be communicated as quickly as possible through our new emergency notification system, Connect ED and the College’s Webpage www.beloit.edu.
Symptoms and Recovery Period
The symptoms of H1N1 flu include:
- coughing, sneezing, sore throat
- fever of 101 or higher
- body aches
- chills
- fatigue

Those diagnosed with H1N1 flu must isolate themselves from others for up to 7 days from the diagnosis. Rest, plenty of fluids and Tamiflu are recommended to address the symptoms. Any additional information on treatments, incubation times and recovery will be communicated to all on the college’s website [www.beloit.edu](http://www.beloit.edu). More information may also be found on the WHO and CDC websites listed earlier in this memo.

Class/Work Absences
If students contract the H1N1 flu, we are recommending that students who can go home do so to receive appropriate care and recuperate, typically for a period of seven days.

Students who cannot go home will be housed in specially designated housing.

Students will be encouraged to keep up with class assignments and maintain close contact with faculty during their illness and absence from class. We are encouraging faculty to prepare for the use of electronic means—email, Moodle, etc.—to receive or communicate course assignments and projects. Setting and maintaining appropriate deadlines for completing coursework is important to ensure that students will be able to complete course requirements during the regularly scheduled semester. Flexibility may be necessary, but the goal will be to maintain a schedule as close to normal as possible. Faculty and staff who contract the flu are encouraged to stay home as well for a period of up to seven days. As information and recommendations for recovery times become available from the CDC or Health Department(s) we will communicate those to you.

If diagnosed cases of flu occur
It is possible that Health Departments may require schools and colleges to quarantine students who are diagnosed with the H1N1 flu. Earlier this summer we communicated with students and their families the importance of planning ahead for the possibility they may need to return home if they contract the flu. However, it may be impossible for some students to return home because of distance or travel restrictions. Consequently, the College is working to identify and prepare a house on Church St. where we could accommodate up to 8 students at a time who have been diagnosed with the H1N1 flu. We are also exploring other options for quarantining students with the H1N1 flu should that become a necessity. Students who are roommates with someone who has been diagnosed with the H1N1 flu may be asked to spend several days in a campus facility until it has been determined that they are not incubating the flu. This procedure may be necessary to halt the spread of flu on campus, and the cooperation of all involved will be greatly appreciated by the campus community.
In the event of a widespread outbreak
While it is our intention to remain open and operate normally throughout the academic year it is possible the Rock County or State of Wisconsin Health Departments could require us to close for a period of time to stop or slow the spread of the flu. Should this unlikely event occur, only those students unable to return home or stay with friends off campus would remain. Our committee is working with Human Resources, Senior Staff, Security, Physical Plant and Food Service to identify the key personnel necessary to maintain essential campus operations during this period of time. Currently we are discussing which operations will need to be continued during a campus closure and who will provide them; discussions are underway for reviewing the policies and procedures that would be necessary to close the campus. The campus’ Emergency Operations Center (EOC) would be opened and used to make appropriate requests for help and assistance from city, county, state, federal and other agencies such as the Red Cross and Beloit Memorial Hospital who will be needed to manage the crisis for as long as necessary.

H1N1 Flu Committee
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