



San Diego Mesa College Student Health Services H1N1 (swine flu) Update

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H1N1

- H1N1 is a novel virus that fits under the umbrella of Influenza A.
 - Influenza A causes a respiratory illness that is often more severe than other influenza types.
 - Often influenza A causes a lung infection that may take weeks to resolve. Victims are often ill and unable to work for 1 - 2 or more weeks.
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Information Update 5/4/09

Area School Closures (3)

- ❑ Mission Hills High School in San Marcos
- ❑ Kearny High School in Linda Vista
- ❑ San Diego School of Creative and Performing Arts
- ❑ San Diego State Child Development Center

H1N1 cases

- ❑ As of 5/4/09, 18 countries have reported 898 cases. The U.S. has reported 241 cases. San Diego is now reporting 15 cases.
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H1N1 Encouraging News

- The virus is giving encouraging signs.
 - Not as deadly as first reported in Mexico.
 - We expect fewer deaths – more along the lines of what we see in a typical flu season.
 - Between 25,000 and 36,000 die each year during the typical flu season.
 - What we are doing is working – continue aggressive path.
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H1N1 Symptoms

- ❑ Fever > 100 degrees F. and
 - ❑ A cough and/or sore throat.
 - ❑ Usually comes with a headache and chills.
 - ❑ Some vomiting and diarrhea have been noted.
 - ❑ Fever with cough and/or sore throat required for influenza testing.
 - ❑ Variable degrees of illness are being seen.
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What Happens Psychologically

- ❑ People begin to fear they have symptoms of a deadly disease followed by massive hysteria. Usually created by the media.
 - ❑ People overwhelm the healthcare system with vague complaints—look for reassurance.
 - ❑ Fear compounds the stress of finals.
 - ❑ Need to send strong reassuring messages that clear up all of the misconceptions.
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H1N1 FAQ'S

- H1N1 has been found primarily in children and young adults.
 - The incubation period is 7 days.
 - The infectious period begins the day before symptoms start and lasts until 7 days after symptoms begin for an adult and...
 - Up to 14 days from the onset of symptoms for a young child.
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CDC Plan

- Plans center around aggressively getting out in front of the illness. We can't stop the spread but we can mitigate the damage.
 - We are well into social distancing plans.
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World Health Organization

- We are in Phase 5: Finalize organizational plans and ensure communication channels are clear. Pandemic is imminent. Time is short.
 - Will move to phase 6, pandemic underway, when another WHO region besides the America's is affected.
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San Diego County Department of Health Services

- ❑ We are a sentinel site for influenza testing
 - ❑ Directions filter down from the WHO to CDC to SDDHS.
 - ❑ SDDHS gives us the front line directions and education.
 - ❑ They have storerooms full of: mobile hospitals with all the hospital equipment and supplies, stockpiles of medications, plans for every detail needed in a pandemic flu outbreak including closing the city down with a grid.
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San Diego County Health

- They have practiced mass vaccination sites already. They are ready.
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Student Health H1N1 Plan First Steps

- Attend conferences and planning sessions for pandemic flu planning at the campus level. Include global and border preparedness.
 - Membership on District Disaster Preparedness Council (2006 and 2007) and promote Pandemic Flu Planning.
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Student Health H1N1 Plan

Current Actions

- ❑ Peer Educators handing out Purell, accurate information and referrals.
 - ❑ Checking Purell dispensers weekly.
 - ❑ Cover Your Cough Campaign.
 - ❑ Keep Your Hands Clean Campaign.
 - ❑ Looped video in LRC and Cafeteria for CDC reports and cover your cough education.
 - ❑ Mesa website updates.
 - ❑ Free influenza testing in the Student Health office for students, staff and faculty.
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Current Steps

- Advisement on laxity with respect to call off sick for work and class. No sick persons, especially sick coughing persons, on this campus.
 - We have to speak to persons coughing and educate them on cover your cough.
 - Use Purell, use Purell, use Purell (repeat)
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Current Steps continued

- ❑ Let sunlight and fresh air into your classrooms and offices.
 - ❑ Remain at least 1 meter away from a sick person.
 - ❑ Distance yourself from others, as much as reasonably possible, at events and meetings.
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Best Practice and Research Based Advice from the CDC

- ❑ I WILL CLEAN MY HANDS BEFORE TOUCHING ANYWHERE ON MY FACE.
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 - ❑ I WILL CLEAN MY HANDS BEFORE TOUCHING ANYWHERE ON MY FACE.
 - ❑ TRUE!
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Student Health H1N1 Plan

Next Steps

- Be responsive to requests for education and case finding by hiring a dedicated RN.
 - Daily updates and advisements to Administration based upon current WHO, CDC, SDDHS information and advisements.
 - Provide advisements on methodologies to remain current with adherence to SDDHS influenza plan.
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Next Steps

- ❑ Develop plans for vaccinations when they are available.
 - ❑ Plan methods for dispensing large quantities of medication if needed.
 - ❑ Ramp up efforts to ensure our readiness for the fall influenza season.
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What if I still have concerns?

- Call Student Health Services 619-388-2774. We will funnel questions to the Administrator responsible.
 - Call the CA Dept. Public Health has a new hotline: 888-865-0564 both English and Spanish.
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Student Health Reporting Responsibilities

- All of our cultures are sent to the Dept. Of Health for swine flu/influenza testing.
 - If any probable cases of H1N1 are seen we have a reporting form to send to VCSS/President.
 - Our SS leadership and Exec Council is meeting each morning for a brief report, discussion and planning session.
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Websites of particular interest

- Videos with excellent discussions from the CDC, Public Health and Homeland Security.

<http://www.msnbc.msn.com/id/21134540/vp/30546566#30546566> and

<http://www.msnbc.msn.com/id/21134540/vp/30546566#30557114>



Best website for our campus

- ❑ Mesa website: <http://www.sdmesa.edu>
 - ❑ District website: <http://www.sdccd.edu>
 - ❑ SD County website has great local information
<http://www.sdcounty.ca.gov/Portal/News/swineflu.html>
 - ❑ CDC podcasts are best overall picture of US
<http://www.cdc.gov/>
 - ❑ WHO has information in multiple languages
<http://www.who.int/en/>
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Current Update

- ❑ The CDC is revising their guidelines for schools that need to reopen and students/family members who need to stay at home.
 - ❑ Today: If a student attends a school that has been closed, the student can't attend any school.
 - ❑ If the student is ill they must remain home with one parent. If the other parent is well they may go to work.
 - ❑ All others are case by case. Call Student Health for advisements.
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