

St. Norbert College Influenza Protocol

Students, faculty and staff who live within 275 miles of campus and have influenza-like illness are asked to recuperate at home in isolation until fever-free for 24 hours after stopping fever-reducing medications.

Off Campus and Commuter Students Guidelines

- If you are feeling ill with flu-like symptoms (fever, cough, sore throat, body aches) you should monitor your temperature (Your Hall Director will have disposable thermometers).
- If you develop a fever of 100 degrees F (37.8 degrees C) or higher in conjunction with other flu-like symptoms:
 - **Do NOT** attend classes. If you are experiencing the above symptoms, it is important to distance yourself from others to lessen the spread.
 - **Do NOT** go to Health and Wellness Services or to the urgent care centers unless you have an underlying serious medical condition. Call first. There will be special instructions on how to enter the clinic and where to obtain a mask.
 - If Health and Wellness Services is closed, call Collegiate Assistance 1-866-405-7167
- In general, the best treatment for influenza is rest, 8-10 oz. of fluids each hour and fever-reducing medications.
- Have a friend or roommate email Health and Wellness Services at health@snc.edu to alert us of your illness and have them obtain an influenza kit.
- If you live within 275 miles of the College, make arrangements to go home. Isolation is one of the most effective ways to reduce the spread of influenza.
- If you have missed more than 3 consecutive days of classes, call the Office of the Vice President for Student Affairs at (920) 403-3055 and your professors will be notified.

General Influenza Guidelines

Flu viruses, including the H1N1, are most commonly spread when an infected person coughs or sneezes into the air that others within 3-6 ft. breathe in. You can also become infected by touching contaminated objects, such as doorknobs or keyboards, and then touching your mouth, eyes or nose.

- Wash your hands frequently with soap and water or alcohol based sanitizer.
- Cover your cough/ sneeze with a tissue and immediately throw the tissue away and wash your hands. If you do not have a tissue, use your sleeve. If you must use your hands, wash them immediately with soap and water.
- Do not touch your eyes, nose or mouth after touching public surfaces.
- Avoid contact with people who are ill. Maintain a distance of 3- 6 feet from anyone coughing.
- Clean shared surfaces before and after using them (common household cleaning products or a bleach and water solution are adequate.)