

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.

Faculty and Staff

- If you're feeling ill you should monitor your temperature.
- If you develop a fever of 100 degrees F (37.8 degrees C) or more, you should isolate yourself from family members, stay home from work and, if you have an underlying medical condition, call your health care provider. There will be special instructions on how to enter the clinic and where to obtain a mask.
- In general, the best treatment for influenza is rest, 8-10 oz. of fluids each hour and fever reducing medications.
- You should comply with the latest CDC directive and remain home until you are fever-free for 24 hours after you have stopped taking fever-reducing medicines.
- Maintain contact with your immediate supervisor. We also ask you or a family member to notify Health and Wellness Services by email at health@snc.edu or 403-3266, in order to continually assess the health of our campus community.
- If you or your supervisor have questions related to health benefits, contact Jesse Albers at the Human Resources Office 403-3982.

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.)