

Temple College 2009 H1N1 Policy

General Frequently Asked Questions (FAQs):

1. How is Temple College responding to the 2009 H1N1 outbreak?

Temple College is working closely with the Bell County Public Health District and closely monitors guidelines and advisories from the health and safety organizations outlined below on H1N1 prevention and treatment recommendations.

- Bell County Public Health District: <http://www.bellcountyhealth.org/>
- Texas Department of State Health Services: <http://www.dshs.state.tx.us/txflu/default.shtm>
- FLU.gov: Flu.gov
- Centers for Disease Control and Prevention (CDC) - H1N1: <http://www.cdc.gov/h1n1flu/>
- H1N1 Flu Audio and Video Resources at the Center for Disease Control: <http://www.cdc.gov/h1n1flu/audiovideo.htm>
- World Health Organization: <http://www.who.int/>
- Temple College Emergency Management Plan:

2. What is 2009 H1N1 (swine flu)?

Novel H1N1 (referred to as “swine flu” early on) is a new influenza virus causing illness in people. This new virus was first detected in people in the United States in April 2009. This virus is spreading from person to person worldwide, probably in much the same way that regular seasonal influenza viruses spread. On June 11, 2009, the [World Health Organization](http://www.who.int/) (WHO) signaled that a pandemic of novel H1N1 flu was underway.

This virus was originally referred to as “swine flu” because laboratory testing showed that many of the genes in this new virus were very similar to influenza viruses that normally occur in pigs (swine) in North America. But further study has shown that this new virus is very different from what normally circulates in North American pigs. It has two genes from flu viruses that normally circulate in pigs in Europe and Asia and bird (avian) genes and human genes. Scientists call this a “quadruple reassortant” virus.

Information obtained from the Centers for Disease Control and Prevention
<http://www.cdc.gov/h1n1flu/qa.htm>

3. What are the signs and symptoms of H1N1 flu in people?

The symptoms of 2009 H1N1 flu virus in people include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may have vomiting and diarrhea. People may be infected with the flu, including

2009 H1N1 and have respiratory symptoms without a fever. Severe illnesses and death have occurred as a result of illness associated with this virus.

Information obtained from the Centers for Disease Control and Prevention
<http://www.cdc.gov/h1n1flu/qa.htm>

4. What surfaces are most likely to be sources of contamination?

Germs can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth. Droplets from a cough or sneeze of an infected person move through the air. Germs can be spread when a person touches respiratory droplets from another person on a surface like a desk, for example, and then touches their own eyes, mouth, or nose before washing their hands.

Information obtained from the Centers for Disease Control and Prevention
<http://www.cdc.gov/h1n1flu/qa.htm>

5. How long can influenza virus remain viable on objects (such as books, desks, chairs, doorknobs, etc.)?

Studies have shown that influenza virus can survive on environmental surfaces and can infect a person for up to 2-8 hours after being deposited on the surface.

Information obtained from the Centers for Disease Control and Prevention
<http://www.cdc.gov/h1n1flu/qa.htm>

6. What can I do to protect myself from getting sick?

A 2009 H1N1 vaccine is currently in production and may be ready for the public in the fall. As always, a vaccine will be available to protect against seasonal influenza. There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza.

Take these everyday steps to protect your health:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.*
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, [CDC recommends that you stay home for at least 24 hours after your fever is gone](#) except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Keep away from others as much as possible to keep from making others sick.

Information obtained from the Centers for Disease Control and Prevention
<http://www.cdc.gov/h1n1flu/qa.htm>

7. What kills influenza virus?

Influenza virus is destroyed by heat (167-212 degrees Fahrenheit [75-100 degrees Celsius]). In addition, several chemical germicides, including chlorine, hydrogen peroxide, detergents (soap), iodophors (iodine-based antiseptics), and alcohols are effective against human influenza viruses if used in proper concentration for a sufficient length of time. For example, wipes or gels with alcohol in them can be used to clean hands. The gels should be rubbed into hands until they are dry.

8. If I do get sick, how long should I stay at home or isolated?

CDC recommends that people with influenza-like illness remain at home until at least 24 hours after they are free of fever (100 degrees Fahrenheit [37.8 degrees Celsius]) without the use of fever-reducing medications.

Information obtained from the Centers for Disease Control and Prevention
<http://www.cdc.gov/h1n1flu/qa.htm>

9. Will Temple College close due to H1N1 flu?

Temple College is not currently planning to close the College or suspend classes due to H1N1 flu. We will make decisions about closing or suspending classes based on consultation with county and state health officials after a thorough assessment of the health threat to the campus community.

Learner FAQs:

1. What if a learner experiences influenza like illness and is unable to attend class?

Each learner should have a plan outlining what they will do should they contract the H1N1 virus. This plan should include how the learner will notify all faculty members for the classes in which they are enrolled and how they will obtain required assignment information so they can attempt to stay current in the course or courses. **Temple College strongly advises learners to have all faculty contact information readily available in the event you cannot attend class.**

Learners should be able to obtain faculty contact information from the course syllabi.

Learners can also obtain full-time faculty contact information by going to the Faculty and Staff Phone and Email Directory web page located at http://www.templejc.edu/phone/phone_numbers.htm.

To obtain contact information for part-time faculty, learners should contact the appropriate academic department at the College. Departmental contact information is outlined below:

Business and Career Professions - 254-298-8316

Fine Arts - 254-298-8555

Health Professions - 254-298-8667

Liberal Arts - 254-298-8596

Mathematics, Science, and Physical Education - 254-298-8358

Student Success - 254-298-8336

2. If I have a family member at home who is sick with 2009 H1N1 flu, should I still attend class?

Learners who are well but who have an ill family member at home with 2009 H1N1 flu can still attend class. These learners should monitor their health every day, and take everyday precautions including washing their hands often with soap and water, especially after they cough or sneeze. If soap and water are not available, they should use an alcohol-based hand rub. Learners who have an underlying medical condition or who are pregnant should call their health care provider for advice, because they might need to receive influenza antiviral drugs to prevent illness.

Information obtained from the Centers for Disease Control and Prevention
<http://www.cdc.gov/h1n1flu/qa.htm>

3. What if I suspect that a classmate has the flu, or has been exposed to it?

Please discuss your concerns with the faculty member teaching the class.

4. Can the faculty member teaching a class I attend send me home if I exhibit flu-like symptoms at work?

Under no circumstances will a learner with the H1N1 flu be allowed to attend class. Learners exhibiting symptoms will be sent home until they no longer pose a health risk to other learners and employees at the College. Learners will not normally be sent home unless they are exhibiting flu-like symptoms.

5. If I am sent home from class due to flu illness, are those days charged against my attendance record?

Some programs at Temple College may have an attendance policy which is more stringent due to state and national board accreditation requirements. Learners need to coordinate with all faculty members teaching classes in which they are registered to understand the impact of being absent from class.

Employee FAQs:

1. What if a faculty member experiences influenza like illness and is unable to teach?

Each department should have a contingency plan in place detailing specific course coverage for each faculty member. This plan should include having another faculty member teach the class or offering the class using distance technologies. The CDC recommends faculty upload course materials to a content management system, such as Desire2Learn (D2L) so that learners can access course materials in the event the faculty member is absent from class.

2. What if an employee experiences influenza like illness and is unable to go to work?

Each department should have a contingency plan in place detailing specific alternative coverage for their department.

3. If I have a family member at home who is sick with 2009 H1N1 flu, should I go to work?

Employees who are well but who have an ill family member at home with 2009 H1N1 flu can go to work as usual. These employees should monitor their health every day, and take everyday precautions including washing their hands often with soap and water, especially after they cough or sneeze. If soap and water are not available, they should use an alcohol-based hand rub. If they become ill, they should notify their supervisor and stay home. Employees who have an underlying medical condition or who are pregnant should call their health care provider for advice, because they might need to receive influenza antiviral drugs to prevent illness. For more information please see [General Business and Workplace Guidance for the Prevention of Novel Influenza A \(H1N1\) Flu in Workers](#).

Information obtained from the Centers for Disease Control and Prevention
<http://www.cdc.gov/h1n1flu/qa.htm>

4. What if I suspect that a coworker has the flu, or has been exposed to it?

Please discuss your concerns with your supervisor. In spite of these concerns however, employees are expected to work unless granted approved sick leave.

5. Can my supervisor send me home if I exhibit flu-like symptoms at work?

Employees exhibiting symptoms will be sent home until they no longer pose a health risk to other employees and learners at the College. Employees will not normally be sent home unless they are exhibiting flu-like symptoms.

6. If I am sent home from work due to flu illness, are those days charged against my accrued sick leave?

When an employee is sick and not at work, sick leave will be recorded for their absence.

7. Can I be sent home due to the H1N1 flu even if I have no sick time available?

Yes. Employees may use vacation leave and any built up compensatory time to cover days missed. Employees without vacation leave and compensatory time available will be recorded as absent without pay for any days missed. Available compensatory time and vacation leave must be exhausted before employees will be recorded as “absent without pay”.