

William Jewell Health Update



August 24, 2009

What is the Jewell Health Update?

The Jewell Health Update is a new online communications tool designed to keep members of the William Jewell College community informed about developments affecting the health and well-being of the campus community. It will be used only to provide important, updated information about evolving conditions during what community, national and international health authorities project will be a busy flu season. *If you see "Jewell Health Update" in your email message line, you should access the information as soon as possible.*

WHAT TO DO IF YOU'VE GOT THE FLU (or even if you think you do)

Persons experiencing flu-like symptoms (which usually include some combination of fever, aches, coughing, diarrhea, or vomiting,) should:

- Seek medical attention within 24 to 48 hours of the first indication of symptoms. Advise **Shelly King** in Student Affairs (for students) or **Penny Owens** in Human Resources (for faculty and staff) of your condition.
- If your test results are positive for the common seasonal flu, we ask that you proceed as if you have contracted the novel H1N1 virus. Take the appropriate steps listed below to protect the Jewell community from infection.

If you have tested positive for seasonal flu:

- You may not report to work or classes until a symptom-free period (without the aid of medication) of 24 hours has passed. Documentation from your physician will be required before you can return to work or classes.
- Students residing on-campus who test positive for the seasonal flu will be asked to relocate temporarily off-campus. A designated on-campus interim relocation site will be available for those unable to relocate off-campus.

Help us keep the Jewell community healthy

Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people. The National Centers for Disease Control have made the following recommendations that everyone in the Jewell community should observe:

- 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, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Try to avoid close contact with sick people. Do not share utensils, glasses, bottles or any other similar product.
- If you get sick, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

Helpful links are listed below:

<http://www.cdc.gov/h1n1flu/>

• [U.S. Centers for Disease Control Information on Swine Flu](#)
