



**Environment, Health, and Safety  
Office of Risk Services  
University of California Office of the President**

## **SAFE-T-GRAM #10**

### **Interim CDC Guidance for Institutions of Higher Education and Post-secondary Educational Institutions in Response to Human Infections with Novel Influenza A (H1N1) Virus**

This **SAFE-T-GRAM** is the U.S. Centers for Disease Control (CDC) August 5, 2009 updated interim guidance in accordance with the [CDC Recommendations for the Amount of Time Persons with Influenza-Like Illness Should be Away from Others](#). This document provides interim guidance and will be updated as needed.

For the purpose of this guidance, the term “institutions” is used to refer to institutions of higher education, such as universities, colleges, and community colleges and other post-secondary educational institutions, such as proprietary and postsecondary institutions of higher education.

#### **Background**

This document provides interim guidance to institutions on suggested means to reduce the spread of the novel influenza A (H1N1) virus in their communities. These recommendations are based on the recognition of sustained human to human transmission of this new virus, which has spread across much of the United States, and information that suggests most cases of illness from this virus are similar in severity to seasonal influenza. However, recommendations may need to be revised as more information becomes available.

#### **Interim Recommendations:**

- CDC is not currently recommending that institutions cancel or dismiss classes or other large gatherings.
- If confirmed cases of novel influenza A (H1N1) virus infection or a large number of cases of influenza like illness (ILI) (i.e. fever with either cough or sore throat) occur among students, faculty, or staff or in the community, institutions officials should consult with state and local health officials regarding an appropriate response.
- Because the spread of novel influenza A (H1N1) within a health professions school may pose special concerns, school administrators are strongly encouraged to contact their state and local public health authorities if they suspect that cases of ILI are present on their campuses.
- Students, faculty or staff who live either on or off campus and who have ILI should self-isolate (i.e., stay away from others) in their dorm room or home [for at least 24 hours after their fever is gone](#) except to get medical care or for other necessities (their fever should be gone without the use of a fever-reducing medicine). They should keep away from others as much as possible. This is to keep from making others sick.
- If possible, persons with ILI who wish to seek medical care should contact their health care provider or campus health services to report illness by telephone or other remote means before

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seeking care. Institutions should assure that all students, faculty and staff receive messages about what they should do if they become ill with ILI, including reporting ILI to health services.

- If persons with ILI must leave their home or dorm room (for example, to seek medical care or other necessities) they should cover their nose and mouth when coughing or sneezing. A surgical loose-fitting mask can be helpful for persons who have access to these, but a tissue or other covering is appropriate as well. (See [Interim Guidance for H1N1 Flu \(Swine Flu\): Taking Care of a Sick Person in Your Home](#)).
- Roommates, household members, or those caring for an ill person should follow guidance developed for caring for sick persons at home. (See [Interim Guidance for H1N1 Flu \(Swine Flu\): Taking Care of a Sick Person in Your Home](#)).
- Persons who are at high risk of complications from novel influenza A (H1N1) infection (for example, persons with certain chronic medical conditions, children less than 5 years, persons 65 years or older, and pregnant women) should consider their risk of exposure to novel influenza if they attend public gatherings in communities where novel influenza A virus is circulating. In communities with several reported cases of novel influenza A (H1N1) virus infection, persons who are at risk of complications from influenza should consider staying away from public gatherings.

## Large gatherings

On the basis of what is currently known about the ongoing spread of novel influenza A (H1N1) and, as a means to prevent the further spread of disease on and off campus, institutions should encourage persons with ILI to stay home and away from large gatherings. Persons who are sick should be instructed to limit their contact with other people as much as possible and to [stay home for at least 24 hours after their fever is gone](#) except to get medical care or for other necessities (their fever should be gone without the use of a fever-reducing medicine).

.In addition, they should be reminded to use appropriate respiratory and hand hygiene. (See [H1N1 Flu and You](#)). Gatherings may include graduations and commencement activities, concerts, sporting events, and other gatherings where close contact is likely among a large number of attendees.

Large public gatherings offer a good opportunity for officials and event organizers to deliver key educational messages about measures attendees can take to help protect themselves and their family members from novel influenza A (H1N1) infection, including active promotion of good hygiene practices. (See [H1N1 Flu and You](#))

Institutions should consider the following in preparation for possible outbreaks of novel influenza A (H1N1):

- Establishing a relationship with their state and local health departments
- Keeping informed regarding the evolving situation through regular visits to the [CDC's H1N1 Flu web site](#)
- Developing educational messages in a variety of formats regarding the illness and how to reduce the spread of influenza. (See [H1N1 Flu and You](#)).
- Alternative educational delivery such as distance learning, web-based learning, or other ways to increase social distancing.
- Planning for assistance for students with ILI, including provision for meals, medications, and other care.
- Developing contingency plans for how to reduce exposure of non-ill students, staff and faculty to ill students, staff and faculty.