



ECKERD COLLEGE

Pandemic Flu Emergency Operations Plan

August 10, 2009

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On April 26, 2009 the [U.S. Department of Health and Human Services Secretary](#) declared a Public Health Emergency to help prevent/control the spread of the H1N1 influenza virus in the United States.

On June 11, 2009, the [World Health Organization \(WHO\)](#) raised the worldwide pandemic alert level to Phase 6 in response to the ongoing global spread of the novel influenza A (H1N1) virus, which causes swine flu. A Phase 6 designation indicates that a global pandemic is underway. The WHO designation of a pandemic alert Phase 6 reflects the fact that there are now ongoing community

level outbreaks in multiple parts of the world. WHO's decision to raise the pandemic alert level to Phase 6 is a reflection of the spread of the virus, not the severity of illness caused by the virus. It is uncertain at this time how serious or severe this novel H1N1 pandemic will be in terms of how many people infected will develop serious complications or die from novel H1N1 infection. Experience with this virus so far is limited and influenza is unpredictable. However, because novel H1N1 is a new virus, many people may have little or no immunity against it, and illness may be more severe and widespread as a result.

Current Characteristics of the H1N1 Influenza Virus Illness

Based on evidence collected so far (through July 2009), novel influenza A (H1N1) generally causes a mild to moderate influenza illness that does not seem to make individuals more ill than the usual seasonal flu. The vast majority of people fully recover after they acquire this illness, unless they have other underlying medical problems. So far, with novel H1N1 flu, the largest numbers of confirmed and probable cases have occurred in people between the ages of 5 and 24. Pregnancy and other previously recognized high risk medical conditions appear to be associated with increased risk of complications, including death, from this novel H1N1 flu. Anti-viral influenza medications such as Tamiflu® (oseltamivir phosphate) and Relenza® (zanamavir) can be effective in decreasing symptoms by 24-48 hours, but should be given within 24 hours from the onset of symptoms to have any benefit; these medications do not cure the disease. In Summer 2009, several cases of mutated H1N1 influenza viruses have been identified and appear to be resistant to those medications. Although under development for delivery possibly as early as mid-October 2009, there are currently no vaccines available for novel influenza A (H1N1).

Objectives of the Eckerd College Pandemic Flu Plan

Eckerd College's response to a pandemic flu has these primary objectives:

- Share information on pandemic flu and strategies for prevention and care for those who become ill, as provided by the Centers for Disease Control, World Health Organization, State of Florida and Pinellas County Health Officials
- Limit illness and death arising from exposure and infection, following guidance from the Centers for Disease Control, World Health Organization, State of Florida and Pinellas County Health Officials
- Maintain continuity of College operations as much as possible

The Spring 2009 outbreak of the H1N1 influenza virus, subsequent declaration of a pandemic flu by the World Health Organization, and the almost daily changes in CDC guidance on how to respond to the virus resulting from daily acquisition of new knowledge about the nature and spread of the virus illustrates the importance of flexibility in pandemic flu planning. Eckerd College will remain vigilant, actively monitoring news and information as it is released, so that the College continues to implement guidance as it emerges.

Sources of Guidance and Information

U.S. Governmental and non-governmental agencies will issue directives and guidance on the full range of response activities that are to be implemented. In 2006, when the nation began to look seriously at the possibility of a pandemic flu, Eckerd College developed its first pandemic flu plan. Since the World Health Organization officially declared the H1N1 influenza virus a pandemic disease in Spring 2009, Eckerd College has been continually updating its plan and response based on emerging information and guidance.

At the international level, pandemic flu information comes from the World Health Organization (WHO). At the Federal level, guidance comes from the Department of Health and Human Services (HHS), Department of Homeland Security (DHS), Department of Education, National Institutes of Health (NIH) and the Centers for Disease Control (CDC). In Florida, the State Department of Health is charged with leading the medical and public health response to a pandemic disaster. The Department of Health has developed a [State Pandemic Influenza Preparedness and Response Plan](#) that provides guidance for coordinating medical and public health activities that need to be executed in response to a pandemic. At the local level, the Pinellas County Health Department issues guidance.

Eckerd College Complies with CDC Guidance for Colleges and Universities

The Centers for Disease Control (CDC) May 2009 [Interim CDC Guidance for Institutions of Higher Education and Post-secondary Educational Institutions in Response to Human Infections with Novel Influenza A \(H1N1\) Virus](#) issues guidance for institutions of higher education. At this time, Eckerd College is complying with CDC guidance. CDC's specific recommendations for colleges and universities follow.

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. *Reported during the Federal government's after-action flu summit in July 2009, the CDC has decided to delegate some decision making authority, such as decisions about school closure and the cancellation of public events, to local authorities who will*

prescribe responses based on the severity of the virus, employee absenteeism and other local conditions. Eckerd College will make its decisions in consultation with the Pinellas County Health Department.

- 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. *The Eckerd College Director of Health Promotion is the College's liaison to the Pinellas County Health Department and has been in repeated contact with the Health Department since April 2009.*
- 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. *Eckerd College is not a health professions school (e.g., medical or dental school).*
- 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 until 24 hours after resolution of fever without the use of fever-reducing medications. Individuals who are ill should stay home even if they are using antiviral drugs. Epidemiologic data collected during spring 2009 found that most people with the 2009 H1N1 influenza virus who were not hospitalized had a fever that lasted 2 to 4 days; this would require an exclusion period of **3 to 5 days** in most cases. (See [CDC Recommendations for the Amount of Time Persons with Influenza-Like Illness Should be Away from Others](#), August 5, 2009). *Students should let their faculty know they are ill; staff and faculty should let their supervisors or collegial chair know when they are ill. Human Resources will track the rate of pandemic flu absenteeism among faculty and staff. Based on the way the H1N1 influenza virus has been experienced so far ("like a seasonal flu"), Eckerd College is not planning to isolate in separate facilities ill students or quarantine those who have been exposed to the ill. Eckerd College will continue to be ready to adjust its response as CDC and local health official guidelines change in response to new scientific information about the influenza virus.*
- 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 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. *Communications from the Director of Health Promotion provide this information. Health Services*

will provide regular updates to the Director of Health Promotion regarding the numbers of students reporting ill.

- 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 7 days after their symptoms begin or until they have been symptom-free for 24 hours, whichever is longer. 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](#)) *For example: At the beginning of all large social gatherings, including large classes, the convener should remind attendees of the following: "Remember...the Surgeon General recommends that you use good cough etiquette at all times. Cough or sneeze into your*

sleeve or a tissue, not into your hands. And be sure to wash your hands often, especially after you cough or sneeze."

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. *The Eckerd College Director of Health Promotion has a good working relationship with the Pinellas County Health Department.*
- Keeping informed regarding the evolving situation through regular visits to the [CDC's H1N1 Flu web site](#). *The College's EMG-Flu Group keeps informed of communications from multiple sources, such as those listed at the end of this plan and those coming from the higher education community and the media.*
- Developing educational messages in a variety of formats regarding the illness and how to reduce the spread of influenza. (See [H1N1 Flu and You](#)). *The Director of Health Promotion provides information through multiple formats, e.g., e-mail, web postings, and signage.*
- Alternative educational delivery such as distance learning, web-based learning, or other ways to increase social distancing. *Because of the College's business continuity planning as a result of the College's preparedness annually for hurricane season, the College is positioned to continue operations in the event social distancing and/or closure become CDC or Pinellas County Health Department recommended courses of action.*
- Planning for assistance for students with ILI, including provision for meals, medications, and other care. *Residence Life staff will ensure that the needs of students with ILI who require assistance will be met.*
- Developing contingency plans for how to reduce exposure of non-ill students, staff and faculty to ill students, staff and faculty. *The College promotes a safe and healthy work environment and will adjust College operations to reduce exposure of non-ill students, staff and faculty. Actions may need to support social distancing through the suspension of group activities and the application of the College's telecommuting policy.*

Eckerd College Methods Promoting Good Hygiene

In 2006, Eckerd College launched its EC-Clean campaign. Since then, hand sanitizers and signage promoting healthy habits have been placed throughout campus and health education programs have been and continue to be offered. In Spring 2009, the College began placing hand sanitizers at places of public gatherings, e.g, Commencement, and will continue to do so when school resumes in Autumn Term 2009. Eckerd College, Facilities Management (UNICCO) and Bon Appétit will continue to promote good hygiene and cleanliness in all campus facilities. Eckerd College, under the leadership of the

Director of Health Promotion, will continue to serve as a source of information regarding healthy hygienic practices and to provide educational programming that promotes a safe and healthy living and work environment.

Anti-Viral Medications, Vaccinations and Points of Distribution (PODs)

Anti-viral influenza medications such as Tamiflu® (oseltamivir phosphate) and Relenza® (zanamavir) can be effective in decreasing symptoms by 24 to 48 hours, but should be given within 24 hours from the onset of symptoms to have any benefit; these medications do not cure the disease. The Federal government makes anti-virals available to State health departments who, in turn, make them available to local levels. Eckerd College Health Services and the nearby Walk-in Clinic may serve as points of distribution for antivirals.

As of July 2009, there is no vaccination for the H1N1 influenza virus but the Federal government anticipates readiness by mid-October 2009. Because the Federal government has indicated that health care workers and other emergency responders, individuals up to the age of 24, and other at-risk populations will receive priority for the H1N1 vaccination when it is produced, Eckerd College is in conversation with the Pinellas County Health Department regarding the distribution of an H1N1 influenza vaccination on campus when one becomes available this Fall. We will share information with the College community as more information becomes available.

At the Federal government's pandemic flu after-action summit on July 9, 2009, the Department of Health and Human Services Secretary said this about the H1N1 flu virus vaccination:

“The final decisions on whether to move ahead with a vaccine campaign and on the target populations will be made in consultation with top scientists at the CDC and its Advisory Committee on Immunization Practices and the National Vaccine Advisory Committee. We know that young people have been disproportionately impacted by this virus, and we anticipate that school-aged children, non-elderly adults with underlying health conditions, pregnant women, and health care and emergency workers who are likely to come in contact with the virus will be priority groups to whom vaccine will be offered.”

On July 29, 2009 ([News Release](#)), the Advisory Committee on Immunization Practices (ACIP)—an advisory committee to CDC—recommended the vaccination efforts focus on five key populations. Vaccination efforts are designed to help reduce the impact and spread of novel H1N1. The key populations include those who are at higher risk of disease or complications, those who are likely to come in contact with novel H1N1, and those who could infect young infants. When vaccine is first available, the committee recommended that programs and providers try to vaccinate:

- pregnant women,
- people who live with or care for children younger than 6 months of age,
- health care and emergency services personnel,
- persons between the ages of 6 months through 24 years of age, and
- people from ages 25 through 64 years who are at higher risk for novel H1N1 because of chronic health disorders or compromised immune systems.

The groups listed above total approximately 159 million people in the United States.

The committee does not expect that there will be a shortage of novel H1N1 vaccine, but availability and demand can be unpredictable. There is some possibility that initially the vaccine will be available in limited quantities. In this setting, the committee recommended that the following groups receive the vaccine before others:

- pregnant women,
- people who live with or care for children younger than 6 months of age,
- health care and emergency services personnel with direct patient contact,
- children 6 months through 4 years of age, and
- children 5 through 18 years of age who have chronic medical conditions.

The committee recognized the need to assess supply and demand issues at the local level. The committee further recommended that once the demand for vaccine for these prioritized groups has been met at the local level, programs and providers should begin vaccinating everyone from ages 25 through 64 years. Current studies indicate the risk for infection among persons age 65 or older is less than the risk for younger age groups. Therefore, as vaccine supply and demand for vaccine among younger age groups is being met, programs and providers should offer vaccination to people over the age of 65.

Information for Individual Members of the Eckerd College Community

The CDC provides helpful guidance for individuals that is useful for all members of the Eckerd College community. The College recommends individuals become familiar with these two CDC documents:

[What to Do If You Get Flu-Like Symptoms](#)

[Interim Guidance for Novel H1N1 Flu \(Swine Flu\): Taking Care of a Sick Person in Your Home](#)

The Federal Government also provides checklists and guidance at its [Individuals and Families Planning](#) site.

Information for Students, Faculty and Staff Regarding the Academic Program

Based on current recommendations from the Centers for Disease Control (CDC), individuals experiencing an influenza-like-illness (ILI) should self-isolate (i.e. stay away from others as much as possible) in their dorm room or at home for 7 days after the onset of illness or at least 24 hours after symptoms have resolved, whichever is longer. It is noted that individuals may begin to feel better as early as 48 hours after the onset of the illness; therefore, it is important that plans be in place to resume course work or administrative work while recovery is underway.

Students. Students enrolled in Autumn Term who experience influenza-like-illness (ILI) should contact the College's Health Services Center. If they will miss class, students should immediately inform their mentors via email or telephone. The Director of Health Promotion, in collaboration with Health Services and Autumn Term faculty, will track the rate of flu absenteeism during Autumn Term as well as possible.

As long as the H1N1 flu presents as seasonal flu when the Fall Semester begins, it may not be possible or wise (due to overcrowded medical facilities) for students to obtain an official medical excuse. Therefore, Fall Semester students who experience ILI should alert their instructors via email or telephone immediately when they become ill. Fall Semester students will not need to report to the College's Health Services Center unless they are at a higher risk for complications; that means, students who are pregnant or have chronic diseases such as asthma or diabetes should seek medical attention. The Director of Health Promotion, in collaboration with Health Services and the College's faculty, will track the rate of flu absenteeism during Fall Semester as well as possible.

It is important that students obtain from their instructors information about how best to continue or resume their academic work so as not to fall too far behind in their courses. It is important that instructors maintain reasonable academic expectations while, at the same time, being reasonably flexible and understanding in responding to individual student circumstances.

Faculty and Staff. Faculty and staff who experience influenza-like-illness should also self-isolate for 7 days after the onset of illness or at least 24 hours after symptoms disappear, whichever is longer. Individuals should be prepared to resume their responsibilities from home as their recovery permits.

Instructors should provide students at the beginning of each course with guidelines about how best to proceed with their course work in cases where they may be unable to meet the class for a week or more. Instructors who become ill or need to provide care for an ill family member should email their collegial chairs.

Staff should familiarize themselves with the College's telecommuting policy and Family Medical Leave Act so they are aware of resources that are available to them. Staff who become ill or need to provide care for an ill family member should notify their supervisors and discuss how the staff member's work will be performed while the staff member is home.

Collegial chairs and supervisors should regularly let the Human Resources Office know the number of faculty and staff who are staying home with influenza-like-illness or caring for ill family members so the College can track its rate of absenteeism due to pandemic flu.

London Study Centre Fall Semester 2009

Currently, there are no changes in the programs of students in the College's study center in London; however, Eckerd's Emergency Management Group-Flu Group is closely monitoring information about the H1N1 pandemic flu and will make additional recommendations as needed. Professor George Meese (meesegp@eckerd.edu) is leading the Fall Semester 2009 academic program at the London Study Centre. Medical services are available through a physician's office directly across the street from the Study Centre.

Care for Well and Sick Children

While the pandemic flu public emergency is in effect, faculty and staff should not bring their children, whether healthy or ill, to campus. Staff and faculty are expected to follow the College's human resource policies when caring for ill family members.

Promoting Continuity of Eckerd College Operations

Continuity of operations at Eckerd College depends on the health of our students, faculty and staff. To maintain community health and prevent the spread of illness, the College might need to make decisions that support social distancing as a key strategy preventing the spread of pandemic flu. These may include:

- Suspending public lectures, music and other performing arts programs, exhibitions, films, and field trips off campus
- Suspending intercollegiate, club and recreational sport competition
- Suspending club or other face-to-face group meetings
- Suspending face-to-face class meetings
- Recalling faculty and students studying abroad, possibly with instructions they return directly to their homes
- Suspending Eckerd College-related international travel to places abroad
- Adding teleconferences or computer-based group meetings
- Activating broadly the College's telecommuting policy for faculty and staff

Notification of Changes in College Operations and Communications

As the 2009 H1N1 influenza season continues, the College's Director of Health Promotion or other designee will periodically provide email updates to the

College community regarding CDC findings and recommendations, the presence of the illness on campus and recommendations regarding the College's response; those updates may also be posted through the College's Health Promotion website at www.eckerd.edu/health.

On recommendation from the Director of Health Promotion and the College's EMG-Flu Group, the College President will make decisions regarding changes in College operations in response to pandemic flu. Those decisions will be announced by the Director of Health Promotion, the College President, or other designee. Communications are likely to be made through e-mail, postings on the College's Web site in the [News Center](#), and recorded on the College's voice message system at 1-800-456-9009.

For More Information about the Eckerd College Pandemic Flu Plan

To make comments or ask questions about this plan, please contact:

Lisa A. Mets, Ph.D.
Executive Assistant to the President and
Vice President for Communications
Chair, Emergency Management Group-Flu Group
Office of the President
Eckerd College
4200 54th Avenue S
St. Petersburg, FL 33711
Telephone: 727.864.8221
Cell: 727.631.2437
E-mail: metsla@eckerd.edu

Please direct all other health questions or comments to Whitney Wall, MPH, CHES, Director, Office of Health Promotion at (727) 864-8031 or email wallwa@eckerd.edu.

Members of the Emergency Management Group-Flu Group (EMG-Flu Group):

- Executive Assistant to the President, Vice President for Communications and Director of Emergency Management, Chair
- Associate Chief Financial Officer
- Director of Campus Safety and Security
- Director of Waterfront and Associate Dean of Students
- Executive Assistant to the Chief Financial Officer and Risk Manager
- Director of Information Technology Services
- Operations Manager and Assistant to the Vice President and Dean of Special Programs
- Faculty Representative
- Director of Admissions
- Assistant Dean of Students (Residence Life)
- Director of Planning, Development and Construction

- Director of Residence Life
- Director of Health Promotion
- Director of Student and Family Relations
- Director of International Education

Pandemic Flu Information and Resources

Eckerd College will rely on information from these sources, and others as they emerge, in formulating the College's response to pandemic flu:

American College Health Association:

- http://www.acha.org/info_resources/pandemic_flu.cfm

Centers for Disease Control and Prevention (CDC):

- <http://www.cdc.gov/h1n1flu/>
- CDC guidance for Institutions of Higher Education: http://www.cdc.gov/h1n1flu/guidance/guidelines_colleges.htm
- CDC guidance for General Business and Workplace (prevention in workers): <http://www.cdc.gov/h1n1flu/guidance/workplace.htm>
- CDC guidance for Day and Residential Camps: <http://www.cdc.gov/h1n1flu/camp.htm>

Federal Government Pandemic Flu Information Page

- <http://www.flu.gov/>

Florida Department of Health

- <http://www.doh.state.fl.us/demo/php/FluInfo.htm>

Pinellas County Department of Health

- <http://www.pinellashealth.com/>

U.S. Department of Education (ED):

- Office of Safe and Drug Free Schools (OSDFS) issued guidance to educational institutions at the following websites:
- <http://www.edgovblogs.org/duncan/2009/04/public-health-officials-offer-swine-flu-guidance-to-schools/>
- <http://rems.ed.gov/index.cfm?event=PandemicPreparedns4Schools>

U.S. Department of Health and Human Services

- <http://www.hhs.gov/pandemicflu/plan/>

U.S. Department of Homeland Security

- http://www.dhs.gov/xprevprot/programs/editorial_0760.shtm

World Health Organization

- <http://www.who.int/csr/disease/swineflu/en/index.html>

APPENDICES

Appendix A: Sample Communications

Dear Members of the Eckerd Community:

Eckerd College is pro-actively monitoring the spread of the H1N1 influenza virus to ensure that our community remains safe and disease free. To assist us, please adhere to the following disease prevention and control strategies outlined by the [Centers for Disease Control and Prevention \(CDC\)](#):

- **Wash** your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners also are effective. Please use the Purell hand sanitizer dispensers placed throughout campus.
- **Cover** your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- **Avoid touching** your eyes, nose or mouth. Germs spread this way.
- **Try to avoid** close contact with sick people. Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.
- **If you get sick**, seek medical attention. There are prescription anti-viral medications that can treat swine influenza if taken soon after infection.
- **If you are sick**, stay home from work/school and limit contact with others. Be sure to notify your professors/employers if you need to miss school/work and follow proper absentee/sick leave policies.

Please know that Eckerd College's Emergency Management Group-Flu Group is continuously monitoring this situation. Additionally, our Director of International Education is in constant communication with faculty at our London Study Center and with international program affiliates elsewhere to ensure proper awareness and safety.

We encourage you to follow news reports and keep informed about this public health situation. To learn more about H1N1 influenza (swine flu) and the CDC investigation, please visit the [CDC H1N1 Flu Website](#). Additional information is available through the [World Health Organization](#).

[Click here for a Student's Guide on Swine Flu](#)

Please stay tuned for more updates.

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[Whitney Wall](#), MPH, CHES
Director, [Office of Health Promotion](#)
Phone: (727) 864-8031
fax: (727)-864-8323

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Dear Members of the Eckerd College Community,

Confirmed cases of the H1N1 flu continue to be reported by colleges and universities. [Click here to track college-specific reports](#). The [Centers for Disease Control \(CDC\)](#) tracks incidents in the United States.

There are no suspected cases at Eckerd College at this time. I am writing to let you know what you can do to help insure that our campus remains a healthy one. Eckerd College is in close communication with the Pinellas County Health Department. Colleges and universities with their close living quarters, shared dining facilities, and large gatherings provide an environment for easy transmission of infection. It is advisable that you voluntarily limit guests you invite to campus; students should avoid having registered overnight guests. It is especially important that you be able to insure that your guests are free from illness.

KNOW THE SYMPTOMS OF THE H1N1 FLU:

Fever
body aches
runny nose
sore throat
nausea
vomiting
diarrhea

It is important to seek medical attention immediately if one experiences any of the following:

Difficulty breathing or shortness of breath
Pain or pressure in the chest or abdomen
Sudden dizziness
Confusion
Severe or persistent vomiting

In the event of a medical emergency, please call 911.

CONTINUE TO PRACTICE GOOD HEALTH HABITS

Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.

Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

Avoid touching your eyes, nose or mouth. Germs spread this way.

Try to avoid close contact with sick people. Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.

If you get sick, seek medical attention. There are prescription anti-viral medications that can treat swine influenza if taken soon after infection.

If you are sick, stay home from work/school and limit contact with others. Be sure to notify your professors/employers if you need to miss school/work and follow proper absentee/sick leave policies.

IF YOU ARE FEELING ILL, DO THE FOLLOWING:

Stay home and avoid contact with other people as much as possible to keep from spreading your illness to others.

Visit your health care provider. Students may seek medical attention at **Eckerd College Health Services** located in Edmundson Hall. Health Services is open for care on Monday, Tuesday, Thursday, and Friday from 8:30 am to 3:30 pm. On Wednesday a medical assistant is available to triage students to other local medical offices. Students are also welcome to visit Health Services' affiliated office, Skyway Family Practice, located at 1100 62nd Avenue South. For more information, please visit the Health Services website at www.eckerd.edu/counselinghealth/health.

Summary of College Actions

Currently, all operations at the College are proceeding as normal.

Currently, there are no changes in the programs of students in the College's study center in London; however, Eckerd's Emergency Management Group-Flu Group is closely monitoring information about the H1N1 pandemic flu and will make additional recommendations as needed.

Next Steps

We must continue to follow news reports and keep informed on this public health situation so we can protect ourselves and mitigate the spread of this virus. If you would like to speak with someone directly about the H1N1 Flu, contact the [Florida Department of Health](http://www.floridahealth.gov) 24-hour Flu Information Hotline: (800) 342-3557. Or, feel free to contact my Office of Health Promotion by calling (727) 864-8031.

Brief status report on the current H1N1 flu virus:

The public health emergency issued by the Department of Health and Human Services on April 26, 2009 continues in effect.

On June 11, 2009, the World Health Organization (WHO) raised the worldwide pandemic alert level to Phase 6 in response to the ongoing global spread of the novel influenza A (H1N1) virus, which causes swine flu. A Phase 6 designation

indicates that a global pandemic is underway. The WHO designation of a pandemic alert Phase 6 reflects the fact that there are now ongoing community level outbreaks in multiple parts of world. WHO's decision to raise the pandemic alert level to Phase 6 is a reflection of the spread of the virus, not the severity of illness caused by the virus. It is uncertain at this time how serious or severe this novel H1N1 pandemic will be in terms of how many people infected will develop serious complications or die from novel H1N1 infection. Experience with this virus so far is limited and influenza is unpredictable. However, because novel H1N1 is a new virus, many people may have little or no immunity against it, and illness may be more severe and widespread as a result.

Click on the following links for more information:

[Center For Disease Control and Prevention \(CDC\) H1N1 Flu Website](#)

[CDC H1N1 Flu and You, Q & A](#)

[World Health Organization \(WHO\) H1N1 Pandemic Flu Website](#)

[WHO Advice on Preventing Illness](#)

[American Psychological Association \(APA\), Managing Your Anxiety About Swine Flu](#)

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Appendix B: Eckerd College Human Resources Policies and Practices

Telecommuting

In 2008, the Eckerd College Board of Trustees adopted a human resource policy that supports telecommuting in a pandemic flu or hurricane event. The following is excerpted from the policy, [General Telecommuting for Staff](#):

II. Avian Flu or Hurricane

In the event of a widespread pandemic flu, governments will likely direct the general public to stay home in order to prevent transmission of the virus. Similarly, a hurricane event and subsequent need to close the College for recovery and repair may trigger the need to implement a telecommuting policy. In both cases, Eckerd College will identify functions that could be performed from home and direct faculty and staff to telecommute for a designated period of time. In this case, a telecommuting application is not required. Employees will be asked to sign a telecommute agreement.

1. Employees who are already telecommuting will check with their supervisors to confirm continuation of telecommuting during a pandemic outbreak or following a hurricane event that forces the College to close for a period beyond one week.
2. Employees who are deemed as essential, and are approved to work from home will be provided with the necessary equipment to telecommute, if needed.
3. Supervisors/Deans/VPs will be responsible for providing a list of employees who are approved to work from home to the office of Human Resources and to Information Technology.
4. Employees telecommuting during a pandemic outbreak or following a hurricane event will work from home or from an alternate site for a designated period of time.
5. In the event of a hurricane where the College is forced to evacuate and remain closed for a period beyond a week, employees designated as critical will be requested to telecommute and perform critical functions needed to sustain the College.
6. Hourly employees approved and/or requested to telecommute will complete time sheets on-line and establish protocols with immediate supervisor for reporting completion of tasks.
7. Exempt employees telecommuting will complete leave records on line. If this feature is not yet available, leave records will be transmitted to immediate

supervisor via E-mail. The supervisor will be responsible to E-Mail leave records to payroll for processing.

Family Medical Leave Act

If your influenza-like-illness is severe and subsequently defined as a "serious health condition" by your health care provider, and meets other eligibility criteria pursuant to the Family Medical Leave Act (FMLA), or you are required to care for an eligible family member for a "serious health condition" as defined by FMLA, you may apply for such leave.

Risk and Claims Management-related Issues

It is noteworthy that infectious illnesses prevalent in the general population such as colds and the flu are not circumstances that generally allow employees to be compensated under Workers' Compensation law. Compensability of individual circumstances will be considered based upon the merits and extraordinary nature of a particular occurrence. Accordingly, absent a circumstance being deemed to be compensable, the employee should seek treatment under his/her health care insurance plan as he/she would for any normal cold, flu, or other similar illness. In accordance with Eckerd College policies, an incident report must be completed by the employee's supervisor if an employee believes that an on-the-job exposure has occurred and/or if the employee believes that his/her injury or illness is causally related to the work environment.