

# UAlbany Protocol for Students Believed Infectious with H1N1

UPDATED: October 1, 2009

When a student is identified as being likely infected with H1N1, whether by a medical practitioner or by self determination, they are advised to separate themselves from others as best as possible for at least 24 hours after they are free of fever (100° F [37.8°C]), or signs of a fever (i.e.: chills, sweats) without the use of fever-reducing medications.

*The University at Albany Health Center recommends:*

- Any student able to return home to their primary residence, do so.
- Students remaining in their residence hall rooms (or off-campus apartment) are encouraged to minimize contact with others, wear a surgical mask as tolerated to minimize spread of the flu and practice appropriate respiratory hygiene.
- Students should evaluate their academic obligations over the period of their illness and e-mail or telephone their course instructors to explain that they will be absent from class due to flu like illness, likely H1N1. **It will not be necessary for you to obtain a medical excuse note from the Health Center for missed classes due to flu like illness, likely H1N1.** Students will, however, be responsible for making alternative arrangements with their instructors to make up missed coursework including assignments and tests.
- If living on campus, inform your Residence Hall Director by email or phone.

## **Protocol Rationale:**

1. H1N1 is a common cause of flu like symptoms.
2. The majority of H1N1 cases will manifest as a relatively mild, benign illness.
3. UAlbany does not have the ability (i.e.: facilities and staff) to house suspect cases away from the residence hall environment on campus.
4. The UAlbany staff will **not** be able to diagnose H1N1 Flu illness by definitive culture at the University Health Center.
5. H1N1 can be transmitted unknowingly by an infected person for the 24 hour incubation period before symptoms develop and continue for up to days after symptoms begin or until symptom free for 24-48 hours.
6. Case Definition of **Suspect** H1N1 (per CDC):
  - a. **Influenza-like-illness (ILI)** is defined as fever (temperature of 100°F [37.8°C] or greater) and a cough and/or a sore throat in the absence of a KNOWN cause other than influenza (**NOTE: Other common causes of these symptoms include benign seasonal Flu and various cold viruses.**)
  - b. Patients with uncomplicated disease due to confirmed novel influenza A (H1N1) virus infection have experienced fever, chills, headache, upper respiratory tract symptoms (cough, sore throat, runny nose, shortness of breath), muscle and joint pain, fatigue, vomiting, or diarrhea.
  - c. Abrupt onset of a febrile (fever) respiratory illness with muscle aches is very suggesting of influenza (both seasonal and Novel H1N1)