

NC STATE UNIVERSITY

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919.515.2195 (phone)
919.515.5921 (fax)

MEMORANDUM

TO: NC State Faculty

FROM: Warwick Arden, Interim Provost and Executive Vice Chancellor



SUBJECT: H1N1 Update

DATE: September 24, 2009

NC State Student Health Services reports that 651 students who visited Student Health medical providers were diagnosed with influenza or influenza-like illness (presumed H1N1) from August 17 through September 23. Actual numbers of students affected are higher if those who self-treated, who received nurse advice and did not see a medical provider, or who visited a community medical provider were counted.

Faculty members have a vital role at this time of public health concern. Please communicate a strong message to your students that they should stay away from school if they are ill with flu-like symptoms and be evaluated by a medical provider if symptoms are more than mild or if diagnosis is not certain. (Symptoms may include fever over 100, sore throat, cough, body aches, fatigue, headache, nausea, vomiting, and diarrhea.) CDC recommendation is to self-isolate away from usual activities for at least 24 hours after fever has resolved (without the need for fever-reducing medications). Average fever lasts 2-4 days, so the average time away from class will be 3-5 days. Student Health reports that a number of students with fever and other flu symptoms who visit Student Health attended class the day of diagnosis despite feeling ill because they did not want to get behind with academics.

Greater flexibility in your attendance policy is encouraged. Students who self-treated without visiting a healthcare facility or who were triaged by phone will not have paper verification of a medical visit and should not be required by faculty to provide verification. Students should not visit Student Health for the sole purpose of paper verification of an illness from which the student is recovering.

An entire class does not need to be routinely notified when a student is diagnosed with flu. Public health sources recommend that all individuals self-monitor for symptoms as long as flu is being reported in the community and exercise precautions to prevent the flu, while on campus or in the community, and regardless of whether someone in class is diagnosed with flu.

cc: Chancellor Woodward

David Rainer, Associate Vice Chancellor Environmental Health and Public Safety

Margery Overton, Faculty Senate Chair