

Get Ready for H1N1

Middlebury College Students should prepare for possible H1N1 infection. Steps students should take before they become infected include:

Stay informed - Read all emails from the Health Center or Dean of Students. Updates will be provided as the H1N1 situation changes.

Get these supplies before you become sick -

1. **Thermometer** - very important for students in self-isolation
2. **Fever reducer, pain relief and anti-inflammatory** medication such as ibuprofen or naproxen sodium (a.k.a. Motrin, Advil, or Aleve)
3. **Fever reducer and pain relief** medication such as acetaminophen (a.k.a. Tylenol)
4. **Alcohol-based hand sanitizer** (such as Purell)
5. **Soft disposable tissues** (a.k.a. Kleenex)
6. **Fluids** – water or Gatorade. Have 2-3 liters on hand for the first day of illness.

Students may also want to have the following available:

1. Disposable sanitizing wipes (to wipe surfaces such as public keyboards)
2. Nasal spray decongestant (oxymetazoline, a.k.a. Afrin)
3. Nasal irrigation product (a.k.a. Sinus Rinse)

Midd Express and the College Bookstore, as well as local pharmacies and markets, should have most if not all of these supplies on hand.

Inform the Health Center if you are considered a "high-risk" student:

1. Students who have chronic pulmonary, cardiovascular, hepatic, hematological, neurologic, neuromuscular, or metabolic disorders. This includes students with asthma;
2. Students who have immunosuppression (caused by medications or by HIV);
3. Pregnant women;
4. Students less than 18 years who are receiving long-term aspirin therapy and who might be at risk for experiencing Reye syndrome after influenza virus infection.

The Health Center is compiling a list of students considered to be at high-risk for planning and vaccination purposes.

Get both seasonal and H1N1 influenza vaccines

The Health Center will hold vaccine clinics for each vaccine as soon as the vaccine is available. In the event of a vaccine shortage, high-risk students will have priority.

Stay Healthy! - see the [Respiratory Etiquette & Hand Hygiene Procedures](#) webpage

Plan - Students with influenza like illness* will be asked to either go home or stay in their rooms and receive support from their Commons until they have been without a fever (temp > 100.0 F) x 24 hours without using fever reducing medications. There may not be enough places on campus to house well roommates of sick students, so have a plan for where you would go (i.e. stay with a friend) for 2-5 days if your roommate became ill.

* *Influenza like illness 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.