

Social Distancing/Isolation Instructions

Social Distancing/Isolation is the strategy of limiting person-to-person contact to reduce the spread of germs—for instance, by staying home from work or avoiding public places such as stores.

If you or someone you live with has a fever and a cough, or were told they could have H1N1 flu, you should follow the recommendations below to help prevent the spread of disease to others who live in the home.

Influenza can be transmitted when an infected person coughs or sneezes. It is also possible to become infected by touching surfaces contaminated with the virus, and then touching your own nose or mouth. Covering coughs and sneezes and washing hands with soap and water or with an alcohol-based hand rub are essential in stopping the spread of influenza.

During the period of illness, especially fever, it is possible for the sick person to transmit this virus to those with whom they have close contact (for example, someone living with or caring for the sick). To help prevent transmission of influenza virus to close contacts, Millersville University Health Services, and the PA Department of Health is asking that the sick person stay at home until at least 24 hours after your symptoms are completely gone. During that time, please follow these guidelines:

THE PERSON WHO IS SICK SHOULD:

- **STAY AT HOME** until at least 24 hours after the symptoms are completely gone. Do not go to class, the dining halls or be “out and about campus”.
- **AVOID CLOSE CONTACT:** Limit contact with others. Avoid close contact such as kissing. Do not share toothbrushes, cigarettes or drinks with people who are well. People living in the home should limit contact with the sick person to the extent possible.
- **FACEMASK:** Use the face mask provided when in close quarters with others, until well x 24 hours.
- **ROOMMATES:** Roommates of students diagnosed with H1N1 Influenza, should contact Millersville University Health Services for evaluation and medications that may help prevent the spread of the H1N1 virus.
- **COVER YOUR MOUTH:** ALWAYS cover the mouth and nose with a tissue when sneezing, coughing or blowing the nose.
- **HAND HYGIENE:** ALWAYS wash hands with soap or water or use alcohol-based hand rubs after coughing or sneezing or throwing a used tissue away.
- **CLEAN THE HOME:** While the virus is likely not spread very well from contact with soiled household surfaces, cleaning of surfaces that are frequently touched (such as door knobs or any other object that they sneeze or cough on) may help prevent transmission. Typical cleaning products (Lysol, Clorox) may be used.

- **MEDICATIONS:** Take all medications as prescribed, this includes over the counter medications such as Acetaminophen (Tylenol) or Ibuprofen (Advil). Rest and drink plenty of fluids like water or Gatorade to stay hydrated. Limit the amount of soda, coffee and tea.

WHAT TO DO IF SYMPTOMS WORSEN: If your symptoms worsen you develop any of the following, call Millersville University Health Services to be re-evaluated.

- Difficulty breathing
- Shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion

Web links for more information:

- Web MD: <http://www.webmd.com/cold-and-flu/swine-flu/default.htm>
- Family Doctor: <http://familydoctor.org/online/famdocen/home/apnews.html>
- Mayo Clinic: <http://www.mayoclinic.com/health/swine-flu/DS01144>
- Centers for Disease Control and Prevention (CDC):
<http://www.cdc.gov/h1n1flu/>
- National Institutes of Health:
<http://www.nlm.nih.gov/medlineplus/h1n1fluswineflu.html>

If you are a registered Millersville University student and you have questions or you need to make an appointment, please call Millersville University Health Services at 872-3250.



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