

H1N1 FAQs for MCC Students

Q: I'm a student and I'm sick. What do I do?

Stay home. Contact your professor via e-mail promptly, or use another contact method identified in the Course Information Sheet. Plan to keep up with the coursework independently while you are ill.

Q: Do I need to get a medical excuse from Health Services or my personal physician for my faculty member?

No. Health care providers will be overloaded during flu season.

Q: I'm confused; how is H1N1 transmitted? I keep hearing different explanations.

H1N1 is spread by coming in contact with the respiratory secretions of an ill person. What does that mean? According to the CDC, transmission can occur by breathing in the virus from infected people when coughing or sneezing, and by touching any surface that is contaminated with the virus and then touching your mouth, nose or eyes (i.e. letting the virus enter your body). For this reason, the CDC recommends that you keep a distance of six feet away from ill persons to protect yourself from coming in contact with the virus and becoming ill.

You may have heard that the H1N1 virus is not an airborne illness; that is correct. By definition, airborne illnesses can travel over long distances and maintain their infectious characteristic. H1N1 is not an airborne illness.

Q: Will the bathrooms and door handles be wiped down with bleach daily (or throughout the day) to help contain the spread?

A: Restroom surfaces are cleaned with hydrogen peroxide at least once per day. (Hydrogen peroxide is safer and as effective as bleach.) Obviously, the very next person who touches a surface may be spreading H1N1 or seasonal flu, so all of the individual precautions that you've heard remain the very best way to minimize your chances of contracting the flu.

Hand sanitizing wipe stations are now placed around the college. These wipes are ideal for wiping down surfaces to minimize the risk of transmission.

Q: I'm sick and living in the residence halls – what do I do?

Contact a family member or friend to arrange for living off campus for 4-5 days, or until your fever is back to normal for 24 hours without the use of fever-reducing medication. Rest well, and maintain good nutrition while you are ill, including plenty of fluids. You do not need to seek

medical attention unless you develop severe symptoms or have an underlying health condition.

Q: I've missed class, what do I do?

Contact your professor via e-mail promptly, or use another contact method identified in the course syllabus. Plan to complete coursework independently to stay current with assignments and other course requirements while you are ill. Know your professor's attendance policies and discuss with him or her the impact of your absence.

Do not come to the Health Center for class excuses -- they are not required.