

Pandemic Influenza Information

Visit this page for current TESC-related information on the pandemic influenza.

Last updated April 28, 2009

The Evergreen State College (TESC) is continuing to assess and track the current swine flu situation. **There is currently no health emergency on campus.** We will update this site as warranted.

In the event of the threat of an outbreak in the United States, TESC officials will implement the TESC Pandemic Emergency Plan which contains a series of actions to address a pandemic emergency on campus and mitigate its consequences. The plan calls for working closely with Thurston County health officials, State Health officials, local hospitals, and the recommendations of the Centers for Disease Control (CDC), to determine the best course of action to reduce the risk of infection.

The TESC Emergency Preparedness Workgroup which meets monthly will be addressing the existing Pandemic Emergency Plan and bringing it up to date at its next meeting. That workgroup includes key personnel from TESC, including representatives from Health Services, Facilities, Communications and Computing, Police Services, Marketing and College Relations, RAD Services, Environmental Health and Safety, and Emergency Response Planning. It also includes McLane Fire and Life Safety and Thurston County Emergency Management.

Following are answers to some frequently asked questions:

Where can I get the most current information about pandemic influenza?

At this time, the best source of current information is the website of the Federal Center for Disease Control and Prevention: <http://www.cdc.gov/>

You can also access the World Health Organization website at: <http://www.who.int/csr/disease/swineflu/en/index.html>

In the event that a pandemic poses a threat to the TESC community, campus officials will issue regular updates through a variety of vehicles. Advisories to staff members will be issued through human resources officers; those to faculty will be directed through deans and department chairs, and students will receive information through their residence deans. There also will be regular updates via the TESC homepage and the Emergency Preparedness website at: <http://www.evergreen.edu/facilities/emergency/>

Information of a critical nature will be sent out via **e2Campus** as well. Finally, during an emergency, TESC main phone line (**360-867-6000**) will have updated information on the current status. By pressing '1', you can get the latest information.

Are there any restrictions on travel for students or employees to countries affected by pandemic influenza?

As of this date, there are no restrictions specific to pandemic influenza.

If you are traveling to an area that has had reported cases of pandemic influenza, follow the precautions issued by the Center for Disease Control and the World Health Organization.

Will the school suspend operations due to the influenza?

At present, we will utilize guidance as distributed from the World Health Organization (WHO), the Center for Disease Control (CDC), and Thurston County Health experts to name a few. Additionally, close liaison with other universities shall help determine those 'trigger points' that need addressing. The Emergency Preparedness Workgroup will be developing a set of criteria that will trigger suspension of operations.

What should students do to avoid flu in general?

The flu is a contagious respiratory illness caused by influenza viruses that can cause mild to severe symptoms including fever, headache, extreme fatigue, dry cough, sore throat, runny or stuffy nose, and muscle aches. Stomach symptoms, such as nausea, vomiting and diarrhea, also can occur. Complications of flu can include bacterial pneumonia, dehydration and worsening of chronic medical conditions such as congestive heart failure, asthma or diabetes.

Flu viruses spread in respiratory droplets caused by coughing and sneezing. They usually spread from person to person, though sometimes people become infected by touching something with flu viruses on it and then touching their mouth or nose. Most healthy adults may be able to infect others beginning one day before symptoms develop and up to five days after becoming sick.

If you have any questions, please call the Health Center at 867-6200.

Commonsense recommendations for preventing transmission of colds, flu and other infectious diseases:

- **Get a flu shot** when they are available. Consult your health care provider or contact TESC Health Services for information on campus vaccine programs.

- Keep immune systems strong with regular exercise, vitamin-rich foods, sufficient sleep and plenty of fluids.
- Wash hands frequently and avoid touching your face.
- Avoid sharing eating utensils, water bottles, towels or bedding without first washing these items with soap and hot water.
- Clean surfaces soiled with body fluids with a household disinfectant. (Use gloves while cleaning.)
- Cover your cough (cough into your sleeve at the elbow).
- Stay away from work or classes when sick with a fever or actively coughing.
- Stay informed about developments regarding the pandemic influenza by visiting the websites provided above.

Emergency Supplies Information

What are emergency supplies we can purchase in advance?

Health experts recommend a minimum 1-2 week supply of food, medicine and other supplies in the event of a pandemic flu. The following is recommended:

- Food, water, and shelter for 6-8 weeks (each wave of a pandemic will last 6-8 weeks in your area)
- Essential prescription medicines...diabetes meds, etc...talk with your doctor and your insurance company in regards to obtaining a 3 month supply of your essential medications.
- Symptomatic medicines and supplies....Tylenol, Ibuprofen, Imodium cough/ cold medicines, Gatorade power (for electrolytes), vitamins.
- Lysol to disinfect supplies/counters, etc.
- Alcohol based hand cleaners
- Thermometers...preferably one for each person in the family.
- Canned food has a 5 year shelf life. (Meat, soup, fruit, etc.) Remember to have several manual can openers on hand.
- Dehydrated foods have a 30 years shelf life. A 3 month supply of dehydrated food for a family of four costs from \$850- \$4000.
- MREs “Meals read to eat” have a 5 year shelf life (normally). They cost around \$7 per meal (chemical heater included). These are complete meals; they require water to activate the chemical heater as well as to mix your powered drink.
- Bulk Food. 50 lbs of beans and 25 lbs of rice.
- Water or the ability to filter water and a nearby water supply. May also consider have cases of water stored or purchasing a 5 gallon cold/ hot water system where you can store 3 or 4 water containers as well as using it, thereby ensuring fresh water on hand.

- Alternative heat source if utilities are down. (Firewood, portable propane heaters, etc). Local sources can also install propane fireplaces in your home if you so desire. Be sure the propane tank is filled on a regular schedule

For sources on where to purchase some of the above items, you can normally just 'Google' to find Internet sources.