



## SPARTAN HEALTH CENTER

### Flu-like Syndrome Protocol

For any student exhibiting flu-like symptoms:

Please call (757-278-3360) or report to the Spartan Health Center right away.

The student will be asked to put on a mask once entering the SHC. This is for the ill student's protection and the protection of other students and healthcare workers in the clinic.

The student will sign-in, fill out a form, be triaged (temperature, blood pressure, pulse) and assessed for any of the following symptoms:

- Fever greater than 101
- Cough (productive or dry)
- Headache
- Muscle aches/pains
- Chills/vomiting
- Nausea/Vomiting
- Diarrhea
- Sore throat

If the student is found to have the above signs and symptoms he or she will be confined in their dormitory or suite for 24hrs with medication and a special diet. The student will be required to report for follow-up the next clinic day. For students that cannot afford a prescription for Tamiflu, over-the-counter medications will be used.

All students with severe flu symptoms may be referred to, Urgent Care Centers or the emergency room as deemed necessary by the SHC staff.

Commuter students will be sent home with instructions to follow a clear liquid diet, medication and bed rest.

Out of town students may go home if parents or guardians will pick the student up from the campus.

Students housed off campus in hotels should return home or back to campus if instructed to do so.

Students that decide to be seen by private physicians are to provide copies of the medical diagnoses to the Spartan Health Center. This information can be personally delivered or faxed to (757) 823-2695.

It's at the discretion of any student and/or parent or guardian that does not agree with the above protocol to proceed to their primary care provider, or other health care professional of their choice.

All students are asked to inform their professors of their absence from classes to ensure that all work assignments may be received to prevent getting behind in school. A notice to return to class will be generated once the student is cleared to return to class. Students are informed to take the written note to Student Rights and Responsibilities for an official excuse for missed classes if requested by professors.

For faculty and staff:

Please inform your supervisor or department head as soon as possible of any flu-like symptoms. Seek the attention of your primary care provider, urgent care center, or emergency room.

Faculty and staff may seek triage at the Spartan Health Center, but the medical attention for the student will have first priority. Please follow the same criteria regarding medication, clear liquid diets, and bed rest.

For questions or concerns, please contact Spartan Health Center at 757-278-3360.