

SLCC FLU PROCEDURES FOR EMPLOYEES

10/2014

SLCC is dedicated to minimizing the flu's impact on the College and provides the following information and guidelines:

FLU PREVENTION

The best way to treat the flu is to avoid becoming infected at all. The *Centers for Disease Control (CDC)* recommends simple steps in decreasing the transmission of the flu virus and increasing your chances to stay healthy:

1. Stay informed. Visit the CDC web site at [Flu Guidelines from the CDC.](#)
2. Cover your nose and mouth with a tissue when you cough or sneeze. Discard the tissue after you use it.
3. If you do not have a tissue, sneeze or cough into the sleeve of your shirt not into your hands. Flu virus has to be transmitted by droplets and sneezing into the fabric of your sleeve will help reduce transmission.
3. Wash your hands often with soap and water, especially after you cough or sneeze and do not touch your face or eyes.
4. Avoid close contact with sick people. If you become sick, stay home until you are free fever for more than 24 hours without the use of fever-reducing medications.

FLU SYMPTOMS

Influenza usually starts suddenly and may include a combination of the following symptoms:

- Fever (usually high)
- Chills
- Headache
- Tiredness or fatigue (can be extreme)
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Diarrhea and vomiting

NOTE: *It is unlikely that a cough or sore throat alone would be due to the flu.*

If you are experiencing a combination of these symptoms that include a fever you may be infected. Contact your healthcare provider for medical direction.

FLU TREATMENT

If you know you have been in contact with someone with diagnosed flu, or if you are suffering from the symptoms listed above, contact your healthcare provider for instructions.

If you are in a high risk category, you will likely be prescribed antiviral medications. If you are not part of a high risk group, you may simply be asked to stay home, rest, and drink lots of liquids.

RETURN TO SCHOOL OR WORK

CDC recommends that individuals with influenza-like illness, as described above, remain at home and away from other people until at least 24 hours after he/she are free of fever (100° F or higher) without the use of fever-reducing medications.

If you are an employee of SLCC, contact Human Resources for information about leave options while you are off work.

By following these guidelines, you can help minimize the impact that the flu and other illnesses may have at SLCC.

FLU VACCINATIONS

Seasonal Flu Vaccinations:

One of the best ways to protect against flu is to get vaccinated each year. As always, a vaccine has been available this year to protect against seasonal influenza. Health and Wellness Services have been providing flu shots for students, staff and faculty on campus at the Taylorsville Redwood, Jordan, and South City Campuses.

Salt Lake Valley Health Department's four major clinics:

South Main Public Health Center

3690 South Main Street
Salt Lake City, Utah 84115

Ellis R. Shipp Public Health Center

4535 South 5600 West
West Valley City, Utah 84120

Salt Lake City Public Health Center

610 South 200 East
Salt Lake City, Utah 84111

Southeast Public Health Center

9340 South 700 East
Sandy, Utah 84070

For more in-depth information, you may also wish to visit Salt Lake Valley Health Department at: [Flu Fighters](#)

IF YOU HAVE QUESTIONS

If you have additional questions, please contact Human Resources at 801-957-4704.