

**Nazareth College Athletic Department  
2009 H1N1 or any Influenza-Like Illness (ILI) Policy**

The 2009 H1N1 (referred to as “swine flu”) is a new influenza virus causing illness in all ages of people around the globe. This virus spreads from person-to-person in much the same way that regular seasonal influenza viruses spread. The 2009 H1N1 influenza has a sudden onset and symptoms may include: fever, dry cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some individuals also suffer from vomiting and diarrhea. People may be infected with the flu, including 2009 H1N1, and have respiratory symptoms without a fever. The Centers for Disease Control and Prevention (CDC) indicates that individuals infected with the seasonal influenza or 2009 H1N1 flu may infect others from 1 day before getting sick up to 7 days after getting sick. The recommendation is that the person stay at home or isolated for at least 24 hours after the fever or other symptoms are gone.

Because of this we need to take steps to ensure that we are talking about prevention and planning for the what-if. With this in mind these policies were developed.

**Prevention:**

1. Get the seasonal flu vaccine and the H1N1 vaccine when made available.
2. Practice good hand hygiene by washing your hands well and frequently with soap and water or alcohol based hand sanitizer.
3. Don't share food, drinks or makeup (lip gloss/chapstick).
4. When you cough or sneeze, do so into your elbow or sleeve.
5. Know the signs and symptoms of the flu.
6. Avoid touching your hands to your face.
7. Stay home if you have the flu for at least 24 hours after you no longer have a fever (100 degrees Fahrenheit or greater) or signs of a fever (chills, feel warm to touch, flushed appearance or sweating). Limit contact with others to keep from infecting them. **DON'T GO TO CLASS, PRACTICE OR WORK.**

**Policy:**

Nazareth College has developed a policy regarding an influenza outbreak and there is a committee that will make campus decisions regarding cancellations and closures in the event of an epidemic outbreak. Within athletics there is a need to develop guidelines to plan for any outbreaks that may affect us directly.

**Temperature of 100F or higher and a cough and/or sore throat**

1. Any student-athlete, coach or staff member who exhibits the above symptoms will be sent home and remain isolated for 24 hours past the time they no longer have a fever without medication.
2. Any student-athlete, coach or staff member who exhibits the above symptoms shall not travel on any college sanctioned trip.

**Student-Athlete Illness Plan:**

1. Any student-athlete that becomes ill should be directed to Health Services for care and follow treatment according to their direction. This treatment may include the athlete being asked to go home or being isolated in their dorm room/apartment until 24 hours after symptoms are no longer present.
2. Notify Athletic Training Staff of any athlete illness and course of treatment.
3. Assist athlete in contacting individual professors regarding the athlete's need to miss classes due to illness.
4. Return to practice and play decisions are at the discretion of the Athletic Training Staff with input from Health Services or the athlete's own physician.

**Coaching staff illness plan:****Practice**

1. Assistant Coaches run practice
2. Head Coach from another team/sport may run practice
3. Cancel practice

**Games**

1. Assistant Coaches run game
2. Cancel game

**Athletic Training staff illness plan:****Practice**

1. Teams may practice if there is no athletic training coverage but it will be a walk-through practice – no contact – if a student athlete can't practice without pretreatment they will not be allowed to practice that day

**Games**

1. Hire an outside Certified Athletic Trainer
2. Call opposing school – can they bring a Certified Athletic Trainer to cover game
3. EMT
4. Cancel game

Realizing that the above symptoms may occur on a college sanctioned trip, the following guidelines shall be followed:

1. The student-athlete, coach or athletic training staff member shall be isolated from the rest of the team. This may be done in several ways depending on whether an overnight trip or day trip.
  1. Leave sick individual in their room/bus during the day and during the competition.
  2. If staying over night the ill person should have their own room.
  3. During travel on bus, plane or van, put a mask on the affected person – keep teammates at least one seat away from ill athlete if on bus (obviously not possible when traveling on vans or plane).
  4. Each medical kit will have masks, a thermometer and thermometer covers.

The decision to play games or practice rests with the Athletic Director and Athletic Training Staff. Decisions will be made on a case by case basis and will take into account the impact on not just our student-athletes but the possible exposure of another college's athletes, staff, etc. Every attempt will be made to play a game. This determination may require the game to be played on a neutral site and take into account the coaches' input regarding the minimum number needed to play a game. All conference game cancellations will be handled by the athletic director and make ups will be scheduled with the help of the conference office.

This will be an honor based system. If you are sick, stay home and don't infect others. Consideration of others and the containment of the 2009 H1N1 or the seasonal influenza is appreciated.