

LMU FLU PREPAREDNESS CHECKLIST
For Students, Faculty and Staff

Be prepared! The Student Health Center recommends being prepared for the flu at the beginning of the school year by having a few important health supplies. Therefore, we have developed a flu preparedness checklist for you to get you started. We encourage you to use it as a guide.

Flu Preparedness Check List:

- Supplies:
 - Medicine for fever, such as ibuprofen or acetaminophen (common brands are Advil, Motrin, Tylenol Extra Strength) **unless you are allergic to these medications; do not take aspirin if you are 18 years or younger as this may cause a serious condition known as Reyes Syndrome.**
 - Thermometer
 - Sports drinks containing electrolytes (e.g., Gatorade)
 - Tissues
 - Masks (Ear loop procedure masks. These can be found at any drugstore.)
 - Hand sanitizers, alcohol-based (60-95%)
 - Disinfectant wipes (remember to wipe your computer key board & telephones)

- To Do for Students:
 - Residential Students make an "exit" plan in case you would like to return home or go to a family member/friend's residence while you recover from illness or while your roommate is recovering from illness. It is recommended that if you are sick, you use private transportation, i.e. you own vehicle or a taxi to travel to your destination.
 - Be sure to have your insurance card (s) handy in case you need to seek medical care.
 - Be sure to carry your personal and university identification cards.
 - **Talk to your health care provider if you have a chronic health condition such as asthma, diabetes, cancer, heart, lung, and/or an immune system disorder and/or you are pregnant.**
 - Be prepared for class. Read your syllabus and talk with your professors about attendance requirements.

- To Do for Faculty and for Staff
 - **Talk to your health care provider if you have a chronic health condition such as asthma, diabetes, cancer, heart, lung, and/or an immune system disorder and/or you are pregnant.**
 - Faculty discuss with your chair and colleagues while all are healthy how classes will be covered in the event of an outbreak.
 - Departmental management within each department should discuss with staff how work might be covered in the event of an outbreak.

- Practice Healthy Living
 - Get plenty of rest
 - Eat balanced meals
 - Avoid contact with ill persons
 - Cover your nose and mouth when you sneeze or cough.
 - Cough and sneeze into your elbow or shoulder
 - Throw used tissues into the trash
 - Wash your hands often with soap and hot water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective. Avoid touching your eyes, nose, or mouth. Germs spread this way. Avoid contact with others who are ill.
 - Do not share food, drink, utensils, or personal items such as towels, linens, or tooth brush
 - Use antiseptic wipes to wipe down computer key boards, cell phone pads, telephones, counter tops and touch screens used by other people

- Be educated about the H1N1 flu and vaccines
 - Pay attention to updates and information about the flu virus on our campus.

- Pay attention to fall semester vaccine campaigns which will occur on campus during the normal flu season expected in mid-October.
- Visit the H1N1 local, federal and global information sites (see links below).

For more detailed H1N1 and vaccine information please visit:

Los Angeles Department of Public Health web site:

<http://www.publichealth.lacounty.gov/>

Center for Disease Control web site:

<http://www.cdc.gov/h1n1flu/>

World Health Organization web site:

<http://www.who.int/en/>

Please visit the American Psychological Association web site for information on managing anxiety about H1N1 Flu:

<http://www.apahelpcenter.org/articles/article.php?id=194>

Please visit the Student Health Center web page for local medical information:

<http://www.lmu.edu/health>

Should you need after hours care, the healthcare facilities closest to campus are:

Marina Del Rey Hospital (Emergencies)

4650 Lincoln Blvd.
Marina Del Rey, CA 90292
310.823.8911
www.marinahospital.com

Concentra Urgent Care

6033 W Century Boulevard Suite 200
Los Angeles, CA 90045
(310) 215-1600
<http://www.concentraurgentcare.com>

Playa Vista Medical Center

6020 Sea Bluff Drive
Playa Vista, CA 90094
1-310-862-0400
<http://www.pvmedcenter.com>

Department of Public Safety

Emergency Medical Services (EMS)
Loyola Marymount University
Foley Annex
310.338.2893
On campus call: 222

Distributed by the Office of the Senior Vice President of Student Affairs