



# Hampton University Influenza/COVID-19 Protocol

## Revised Influenza/COVID-19 Protocol: June 2024

Hampton University has revised its Influenza/COVID-19 Protocol effective June 5, 2024.

Please refer to the protocol below for the recently updated information regarding the HU Isolation Policy.

## Student Influenza/COVID-19 Isolation Checklist

Students should refer to the checklist below when isolating off-campus or in their residence hall:

Hampton University's highest priority is the health and safety of the students as well as the surrounding community. In accordance with the Centers for Disease Control and Prevention (CDC), the Virginia Department of Health (VDH) and the Hampton University Health Center (HUHC) guidance, the following will be effective June 5, 2024.

**Hampton University is making every effort to limit the impact of Influenza/COVID-19 on our campus during the upcoming school year.**

**Vaccination** is the first step in prevention:

- We **strongly encourage** all students to be vaccinated, including any boosters.
- We recommend vaccinations **prior to arrival** on campus when available.
- **Influenza only** vaccination clinics will be scheduled on campus in September or October during the school year.
- Influenza and COVID vaccinations can also be obtained at the local Walgreens and CVS.

The HU Health Center closely monitors the campus for Influenza/COVID-19 activity and follows CDC management guidelines for the students who become ill with COVID or COVID-like illness.

### Once diagnosed:

1. Students are **strongly encouraged to schedule an appointment** at the Health Center for examination by a medical provider.
2. Hampton University policy **strongly recommends isolation** from the campus community for at least 3-5 days or until fever free for 24 hours without the use of fever reducing medications, like Tylenol or Advil. Fever is defined as a temperature over 100.4° F / 38° C.
3. **To limit the spread of the infection**, we **strongly recommend** residential students isolate off-campus, when possible, or in their residence hall during their illness and recovery period.
4. **Close contacts**, such as roommates, can schedule an appointment with a medical provider at the Health Center for consideration of secondary prevention with antiviral medications to decrease the risk of Influenza/COVID-19 transmission.

The Health Center recommends students bring to campus **sanitization supplies** for their personal use, i.e., sanitization wipes, hand sanitizer, disinfectant spray.

- ✓ Students are strongly encouraged to schedule an appointment at the Health Center and must be examined by a Health Center Medical Provider to receive a **Medical Absence Note** from the Health Center.
- ✓ Students isolating in their residence hall should arrange for meal delivery through Residence Life/or their Residence Director if available.
- ✓ Students are responsible for accessing their **Medical Absence Note** in their MediCat Patient Portal following their visit to the Health Center, for submission to Professors to excuse their absence(s) from classes.
- ✓ Visit [Respiratory Virus Guidance Update FAQs | CDC](#) for more information:



### Other important measures to prevent the spread of Influenza/COVID-19:

- Cover your cough with a tissue or your inner sleeve/elbow.
- Use antiviral drugs if recommended by your medical provider.
- Keep your environment clean.
- Take more steps for cleaner air.
- Keep your hands clean.
- Enhance hygiene practices.
- Wearing a well-fitting mask.
- Keeping distance from others; and/or
- Getting tested for respiratory viruses to lower the chance of spreading respiratory viruses to others.