

In prior e-mails regarding pandemic flu, you were advised to stay home for 7 days from the onset of symptoms or 24 hours after symptoms have ceased, whichever was longer. The CDC has now revised those recommendations. In part their recommendation reads as follows:

- Students, faculty or staff influenza like illness (ILI) should self-isolate (i.e., stay away from others) in their home for at least 24 hours after their fever is gone <http://www.cdc.gov/h1n1flu/guidance/exclusion.htm> except to get medical care or for other necessities (their fever should be gone without the use of a fever-reducing medicine). They should keep away from others as much as possible. This is to keep from making others sick.
- If possible, persons with ILI who wish to seek medical care should contact their health care provider or campus health services to report illness by telephone or other remote means before seeking care.
- If persons with ILI must leave their home (for example, to seek medical care or other necessities) they should cover their nose and mouth when coughing or sneezing. A surgical loose-fitting mask can be helpful for persons who have access to these, but a tissue or other covering is appropriate as well.

I will be happy to address any specific questions you may have.

*Renee Kimberling, FNP-BC*  
Director, Health Services  
Riverside Community College District  
[renee.kimberling@rcc.edu](mailto:renee.kimberling@rcc.edu)  
(951) 222-8151  
Fax: (951) 222-8815