

Infectious Disease on the College Campus

Because the college campus represents a dense population of people, often together in classrooms and dormitories, the spread of infectious disease requires taking both preventive measures and rapid identification and treatment of illness.

The infectious diseases of greatest concern at UCO include:

- Influenza (Flu)
- Meningitis
- Tuberculosis

These conditions range in severity and ease of transmission from one person to another. Their respective treatments can also differ. The common denominator in all of these is the use of preventive measures, such as vaccination and proper handwashing, and referrals to the UCO Health Center when symptoms appear. Expressing any communicable disease concerns to us will assist greatly in preventing the spread of these illnesses across campus.

Following is a list of each condition, its symptoms and precautionary measures.



INFLUENZA

Symptoms	Precautions
Muscle Aches	Get vaccinated annually
Fever and Chills	Wash hands often
Headache	Cover the mouth when sneezing or coughing
Dry Cough	Visit the Health Center
Weakness	Stay home until well

MENINGITIS

Symptoms	Precautions
High Fever	Get vaccinated, especially if living in the dorms
Headache	Call the Health Center - tell them about your symptoms over the phone.
Stiff Neck	If after hours, call 911 or visit an emergency room immediately
Nausea / Vomiting	Meningitis is life threatening and can progress quickly, so immediate care is required.
Confusion	
Rash	

TUBERCULOSIS

Symptoms	Precautions
Weakness with fever	Get a TB test at the UCO Health Center
Weight Loss	Inform the Health Center regarding anyone with symptoms
Night Sweats	UCO Health Center will coordinate with the Tuberculosis Control Center of the Oklahoma City County Health Department
Persistent coughing, sometimes coughing up blood	Remain isolated and follow treatment regimen completely

UCO Health Center Response

The key to preventing rapid spread of communicable disease on campus is for faculty, staff and students to take an active role in taking precautionary measures, referring those who are ill to the UCO Health Center, and informing the Health Center of any infectious disease concerns.

The Health Center is an official Oklahoma Health Authority Screening and Distribution site for emergency infectious outbreaks that should occur in the State or Oklahoma County. We are in regular contact with state and local public health officials and will report any outbreaks requiring assistance. These public health partners will also inform the University of any local outbreaks of concern and advise on any action to be taken.

Faculty - if you have any concern for a student in your classroom, recommend that they visit the UCO Health Center and request that they remain out of class until the infection has been cleared.

Staff - If you have an employee exhibiting symptoms, refer them to the Health Center or their own local provider for treatment. Ask that they remain home until the infection has cleared. Clean employee's workstation using Lysol or other disinfecting agent. Don't forget to clean telephone receivers

Students - if you or a friend has symptoms, recommend that he/she go the Health Center. Keep direct contact to a minimum and do not share food or drinks. If this is a roommate, keep common surfaces such as sinks, toilets and desks clean and do not share cell phones or toiletries.

A Word About Avian (Bird) Flu

Avian (Bird) Flu has been in the news in recent months. This is not the same as Pandemic Flu. At present, Avian Flu affects mainly birds but has also affected people who come in contact with them, their wastes or contaminated surfaces. It does not easily spread from person to person. It has not been reported in the United States.

In the event that this strain of flu (H5N1) mutates, it could become more easily spread from person to person and result in a large scale outbreak. This is known as Pandemic Flu. Public Health officials and emergency response agencies are developing infection control plans for implementation in the event that this occurs.

The Student Health Center will be notified by public health authorities in the event that a Pandemic Flu threatens the UCO community. The Student Health Center has been trained to operate as an official Department of Health Satellite and Distribution Center should any health concerns warrant community action.

University of Central Oklahoma
Health Center
Wellness Center Room 105
M-F 8:00am - 5:00pm



Controlling the Spread of

Infectious Disease



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