

University Of Delaware

Athletic Department Influenza Response Plan

1. Prevention is the best defense against the spread of respiratory illness, particularly influenza.
 - a. Frequent hand washing is encouraged of all Student-Athletes (S-A) whether healthy or sick.
 - b. Use of hand sanitizer's is strongly encouraged in common areas to avoid contamination from respiratory droplets
 - c. Cover your nose and mouth with a tissue/ inner elbow when you cough or sneeze. Dispose of tissue and disinfect hands as soon as possible thereafter.
2. If a student-athlete feels ill with the following signs/symptoms of influenza, they should report to the Sports Medicine Clinic/Student Health Services:
 - a. High fever (> 100.5)
 - b. Severe body aches ("Hit by a Mack Truck").
 - c. Sudden onset of symptoms
 - d. Shortness of breath/ worsening cough associated with fever and body aches
3. In the case of a Student Athlete having Influenza Like Illness (ILI) symptoms while on the UD campus:
 - a. The SMC should be contacted for an appointment with the team physician.
 - b. The S-A is to avoid contact with other students and athletes until cleared by the team physician.
 - c. If the S-A has a temperature > 100.5, they are considered highly contagious and will not be permitted to attend any team activities (workouts, competitions, team meetings, etc.) until fever free without fever reducing medications for 24 hours and cleared by a team physician.
 - d. The athletic trainer responsible for that team will notify the coaching staff as well as the Strength and Conditioning staff of the student's illness.
 - e. No S-A with a diagnosed Influenza Like Illness will be allowed to travel with a team until cleared by a Team Physician.
4. In the case of a S-A having Influenza Like Illness symptoms while traveling:
 - a. The team physician will be contacted promptly about the S-A.
 - i. The team physician will contact the Sport Administrator responsible for that program
 - b. The S-A is to avoid contact with other student-athletes:

- i. Re-assigning rooms so that similarly ill S-A's are put together. Single room arrangements will be made if possible and if there are no other sick student-athletes.
 - ii. Taking meals in the room and away from teammates.
 - iii. Not attending group settings: team meetings, evening activities, etc.
 - iv. The S-A is considered to be highly contagious if they have a fever > 100.5 . They are not cleared to return to participation (practices, team meetings, training, competition) until cleared by the team physician
5. Once cleared to resume participation by the team physician, the return to full and unrestricted activity will be progressed by the athletic trainer as the Student Athlete's physical conditioning allows while they recover from deficits resulting from their illness.