

To: All Faculty  
From: Barbara Farley, Vice President of Academic Affairs and Dean of the College  
Date: September 4, 2009  
Re: Preparation for 2009-10 Flu Season - H1N1 Information

As we begin the Fall term, it is important to prepare for the upcoming flu season. Augsburg College's Office of Public Safety is spearheading a campus-wide initiative to create public awareness and encourage preventative behaviors regarding the spread and treatment of seasonal flu and particularly the H1N1 strain. Academic Affairs joins the Offices of Student Affairs and Human Resources to provide you with important recommendations for staying healthy during this winter. We are staying informed through state and federal health departments to monitor flu conditions and make decisions about the best steps to take concerning our faculty, staff and students. Updates will be posted on [www.augsburg.edu/H1N1](http://www.augsburg.edu/H1N1).

Current recommendations for staying healthy include (Source: [www.flu.gov](http://www.flu.gov)):

- \* Frequent hand washing with soap or hand sanitizer
- \* Practice good health habits including getting good sleep, nutrition and hydration
- \* Avoiding contact with sick people when possible
- \* Avoid touching eyes, nose or mouth
- \* Cover nose and mouth with a tissue when you cough or sneeze
- \* Know the signs and symptoms of the flu
- \* Stay home if you are sick
- \* Receive the flu vaccine and H1N1 vaccine when available and if advised by your physician

What to do if you develop flu-like symptoms:

If you develop flu-like symptoms you should stay away from classes and limit interactions with other people ("self-isolation"), except to seek medical care, for at least 24 hours after you no longer have a fever, or signs of a fever, without the use of fever-reducing medicines. Some people with influenza will not have fever; therefore, absence of fever does not mean absence of infection. You should stay away from others during this time period even if you are taking antiviral drugs. For most cases this period of isolation would last from 3 to 5 days. Contact your students through Moodle or call the Academic Affairs Office (612.330.1024) if you need assistance notifying your students.

An H1N1 Group convenes routinely at Augsburg to monitor the situation. If this year's flu season becomes more severe, we will provide information to the Augsburg community about additional action steps. For more information, visit <http://www.cdc.gov/h1n1flu/guidance/exclusion.htm>, or [www.flu.gov](http://www.flu.gov), or call 1-800-CDC-INFO (232-4636).

What to do if your student(s) develop flu-like symptoms:

- \* Instruct students with flu-like illness to promptly seek medical attention if they have a medical condition that puts them at increased risk of severe illness from flu, are concerned about their illness, or develop severe symptoms such as increased fever, shortness of breath, chest pain or pressure, or rapid breathing.
- \* Non-residential students with flu-like illness should be asked to self-isolate at home or at a friend's or family member's home until at least 24 hours after they are free of fever, or signs of a fever, without the use of fever-reducing medicines.
- \* Consider altering policies on missed classes and examinations and late assignments so that students' academic concerns do not prevent them from staying home when ill or prompt them to return to class or take examinations while still symptomatic and potentially infectious.
- \* Do not require a doctor's note for students, faculty, or staff to validate their illness or to return to work, as doctor's offices and medical facilities may be extremely busy and may not be able to provide such documentation in a timely way.
- \* Distance learning or web-based learning may help students maintain self-isolation.
- \* Visit <http://www.cdc.gov/h1n1flu/guidance/exclusion.htm> for more information on staying home while sick.

In order to continually promote flu prevention and treatment awareness, the college recommends use of the following statement in preparation of your course syllabi:

Recommended 2009 - 2010 Syllabus Statement Related to Influenza:

Augsburg College is committed to a healthy campus community. To help limit the spread of seasonal influenza and the H1N1 strain in particular, the Centers for Disease Control has provided campuses with the following recommendation: students, faculty, or staff with influenza-like illnesses (temperature of 100.0 or greater, plus a cough or sore throat) are

directed to self-isolate (or stay home) for at least 24 hours after their fever is gone without the use of fever-reducing medicine. In the event that students are unable to attend classes due to this self-isolation recommendation, they should notify their instructor and consult the college's pandemic web site [www.augsburg.edu/H1N1](http://www.augsburg.edu/H1N1) for information and updates. In accordance, faculty will provide opportunities for these students to participate in alternative educational delivery due to this illness.

Considerations for high-risk individuals:

People at high risk for flu complications who become ill with flu-like illness should speak with their health care provider as soon as possible. Early treatment with antiviral medications often can prevent hospitalizations.

Groups that are at higher risk of complications from flu if they get sick include: children younger than age 5; people age 65 or older; children and adolescents experiencing Reye's syndrome after flu virus infection; pregnant women; adults and children who have asthma, other chronic pulmonary, cardiovascular, hepatic, hematological, neurologic, neuromuscular, or metabolic disorders such as diabetes; and adults and children with immunosuppression (including immunosuppression caused by medications or by HIV). People age 65 and older, however, appear to be at lower risk of 2009 H1N1 infection compared to younger people. But, if older adults do get sick from flu, they are at increased risk of having a severe illness.

One of the best ways to protect against the flu is to get vaccinated against the flu. People under age 25 are one of the key groups recommended by CDC's Advisory Committee on Immunization Practices (ACIP) to be among the first to receive the 2009 H1N1 flu vaccine. For more information, visit <http://www.cdc.gov/h1n1flu/vaccination>.