

AUGSBURG COLLEGE

September 8, 2009

Dear Augsburg College students:

The H1N1 flu has been in the news a lot lately and we have been paying attention! As you may know, flu can be spread easily from person to person. Therefore, we are taking steps to prevent the spread of flu at Augsburg College for as long as possible, **but we need your help to accomplish this.**

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 institution. We have created a webpage, www.augsburg.edu/H1N1 to provide information and updates as they become available.

Current recommendations for staying healthy include (Source: www.flu.gov):

- Wash your hands frequently with soap or hand sanitizer
- Practice good health habits including getting enough sleep, nutrition and hydration
- Avoid contact with sick people when possible
- Avoid touching your eyes, nose or mouth
- Cover nose and mouth with a tissue when you cough or sneeze
- Know the signs and symptoms of the flu
- See your doctor if you have symptoms
- 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 are ill:

- If you have an Influenza-Like-Illness (ILI), defined as fever equal to or greater than 100.0 plus a cough or sore throat, the Centers for Disease Control (CDC) recommends you **self-isolate** until at least 24 hours after you are free of a fever of greater than 100 degrees F without the use of fever-reducing medications.

Self-isolation means staying away from people except to get medical care or necessities. You should avoid large group gatherings including classes, sporting events and public forms of transportation. For most cases this period of isolation would last from 3 to 5 days.

- Call the Dean of Students Office, 612-330-1160 and we will help notify your instructors. Professors are aware of these CDC recommendations and will do their best to be flexible with your missing classes.

If you live on campus and have an Influenza-Like-Illness, you should talk with your parents and family about going home, if you can, while you recuperate.

What to do if your on-campus roommate has Influenza-Like-Illness:

- Wash hands frequently
- Avoid close contact if possible
- If your roommate is not able to self-isolate by going to his/her permanent home and you live close by, consider going home for a few days and commuting to class.

If you are dealing with a situation and need assistance, please call the Dean of Students Office, 612-330-1160.

Augsburg will offer seasonal flu vaccinations on Wednesday, October 7 from 11 a.m. to 4 p.m., Riverside Room (Christensen Center). The cost for students, faculty and staff will be \$25.

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 via A-Mail and www.augsburg.edu/H1N1 about additional action steps.

For the most up-to-date information on flu, visit www.flu.gov, or call 1-800-CDC-INFO (232-4636).

Sincerely,

Ann Garvey
Vice President of Student Affairs