

Flu Precautions and Website
9/10/09

Dear Colleagues:

Please be aware that the Centers for Disease Control (CDC) has projected that the H1N1 influenza could increase dramatically in the coming weeks and months. This is especially a concern for educators because the H1N1 strain has proven to be more infectious to young people than other strains we are used to.

I ask you to be proactive in preventing the spread of the flu by taking these recommended actions:

- Cover your nose and mouth with a tissue when you cough or sneeze or sneeze into your sleeve.
- Wash your hands often with soap and water or with hand sanitizers
- Avoid touching your eyes, nose or mouth.
- Stay home if you are sick.

Symptoms include:

- fever greater than 100 degrees
- body aches
- coughing
- sore throat
- respiratory congestion
- in some cases, diarrhea and vomiting

The CDC also recommends that anyone with flu-like symptoms should stay home from work or class and limit contact with others until at least 24 hours after fever symptoms have disappeared. The CDC estimates that this may take three to five days for most people.

All of us should take personal responsibility for following these guidelines. It is especially important that faculty and instructional staff make it clear to students that class attendance is less important than preventing the spread of the flu to an entire class. That may go against many of our long-standing habits and practices, but I want to emphasize that this is not a normal situation and we do need to adjust our behavior accordingly.

For the latest information I urge you to visit www.uwex.uwc.edu/flu and click on some of the links. Please also stay in touch with your local county health department.

Please keep me and my staff informed of conditions at your location and let us know about any problems you encounter. Matters can change quickly, and it will be important to keep lines of communication open.

Thank you for your attention to this issue, and I wish you good health.

Warm regards,

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