



Dear NDNU Student,

As you may know, the flu can be spread easily from person to person. This year, considering the heightened risk of the H1N1 flu strain, we are taking steps before the winter season is upon us to prevent the spread of the flu virus at Notre dame de Namur University.

Throughout the flu season, we will closely monitor flu conditions on campus and make decisions that we believe will help to keep students healthy. We are taking steps to try to minimize the spread of illness but our success largely depends upon you.

Here are a few things you can do to help:

- **Wash your hands** with soap and water, especially after coughing or sneezing. Alcohol-based hand sanitizers are also effective and will be placed around campus for your use.
- **Cover your mouth and nose** with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder, not into your hands. Avoid touching your eyes, nose, or mouth; germs are spread this way.
- **Watch out for a fever of 100 degrees** Fahrenheit or more; this is the top indicator that you have contracted the flu virus. Additional symptoms that accompany a fever include sweating or shivering and skin that is hot to the touch, with a flushed appearance.
- **If you are ill, do not go to class or work.** The Center for Disease Control (CDC) encourages self-isolation – stay away from others and avoid exposure to the public. You should not interact with others until after your fever breaks and you remain fever-free without fever-reducing medication (i.e. medicine that contains ibuprofen or acetaminophen) for 24 hours. Your health and that of your peers is our top concern; if you are truly ill, your professors will work with you to keep you on track in your classes.
- **Alert your professors** through email or by telephone if you have the flu or are showing signs of the flu. You should not come to class ill, since your attendance will risk further spread of a serious virus. Communicate with your professors the seriousness of your illness and discuss ways you can submit work and make up any missed work without attending class
- **Talk with your health care providers about whether you should be vaccinated for seasonal flu.** We will hold a flu vaccine clinic on October 15 and encourage you to get one. We will have sign-up sheets available or you can call the campus Health and Wellness department to reserve a vaccine for that day. Also if you are at higher risk for flu complications from the 2009 H1N1 flu, you should consider getting the H1N1 vaccine when it becomes available. People at higher risk for 2009 H1N1 flu complications include pregnant women and people with chronic medical conditions (such as asthma, heart disease or diabetes).

For more information about flu in our community and what our institution is doing, check back to this [H1N1 website](#) or call the NDNU Student Health and Wellness at 650-508-3756. We thank you in advance for helping to prevent the spread of flu across our campus community.

Sincerely,

Karen Hackett RN PHN
Director of Health and Wellness