



October 28, 2009

Update sent to students, faculty, and staff via e-mail

Hello,

As you likely know, the incidents of influenza-like symptoms are emerging on campuses around the country. Landmark College has closely monitored local and national health advisories concerning the H1N1 flu virus, and is prepared to respond to any suspected cases of the flu on campus.

We have been informed that one student went home by his own decision on Tuesday, October 28 after developing flu-like symptoms. The student plans on remaining at home until 24 hours after these symptoms go away.

Classes and all other scheduled activities remain unchanged. We will continue to keep you informed and updated as more information becomes available.

Please see the attached flyer for tips and information on how to stay healthy and avoid the flu, and what to do if you think you have flu-like symptoms.

Also, there are still seasonal and H1N1 flu vaccines available for students through the Health Services office. If you would like to take advantage of these vaccinations, please stop by Health Services for more information. There is no charge for the H1N1 vaccine. The seasonal flu vaccine is \$20.00 and can be charged to your student account.

Please feel free to respond to this e-mail if you have any questions, or visit <http://www.landmark.edu/pandemic-flu/index.cfm> for complete information and updates.

Sincerely,

PREVENTING THE FLU

Influenza (flu) is usually spread through the air when a person who has the flu virus coughs, sneezes or speaks, and other people breathe in the virus. When these viruses enter the nose, throat, or lungs of a person, they begin to multiply, causing symptoms of the flu.

There are a number of things you should do to help prevent the spread of the flu and other illnesses.

- The single best way to prevent the flu is to get vaccinated each year. There are still seasonal and H1N1 flu vaccines available for students through the Health Services office. If you would like to take advantage of these vaccinations, please stop by Health Services for more information. There is no charge for the H1N1 vaccine. The seasonal flu vaccine is \$20.00 and can be charged to your student account.
- Avoid close contact with people who are sick.
- Cover your mouth and nose every time you cough or sneeze. It is best to use a tissue and then put the tissue in the trash. Otherwise, use the inside of your elbow.
- Wash your hands often and well. Use soap and warm water for at least 20 seconds, or use an alcohol hand sanitizer.
- Keep your hands away from eyes, nose or mouth – germs are often spread when you cough something contaminated with germs and then touch your eyes, nose or mouth.
- Clean surfaces you touch often – such as door knobs, water faucets, telephone, computer keyboard, etc.
- Don't share anything that goes into your mouth – like eating utensils, cups, straws, cigarettes, etc.
- Keep healthy by getting plenty of rest, drinking plenty of liquids, getting regular exercise and eating nutritious foods.
- Use the following checklist to help decide if you may have the flu:

Do you have a fever of 100° or more?	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Do you have a cough and/or a sore throat?	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Do you have a headache, body aches or chills?	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Do you have vomiting or diarrhea?	<input type="checkbox"/> YES	<input type="checkbox"/> NO

- If you checked yes to the lines **in yellow**, then you have an influenza-like illness. You should contact the Health Services Staff or Residential Life staff as soon as possible.
 - The College will suggest that students with H1N1/flu-like symptoms return home or to homes of relatives or friends to recuperate and limit the spread of transmission.
 - Until these students can leave campus, they will be reassigned to specific isolation areas to limit their contact with other students and monitored as necessary.
 - Students who are not able to travel home will remain in the isolation areas for at least 24 hours after they are free of fever.