

Dear Bethany Swede!

It's official, the H1N1 (aka Swine Flu) is here to stay! Now that I have your attention, please know that we have **NOT** had any confirmed cases of H1N1 on our campus. **BUT**, because H1N1 is now prevalent in communities outside our own, we want to remind you to take necessary precautions to keep yourselves healthy. Please be actively involved in reducing your risk!!

- ✎ Cover your mouth and nose with a tissue when coughing or sneezing. Put your used tissue in the waste basket.
- ✎ Clean your hands, and do so every time you cough or sneeze.
- ✎ Washing your hands often will help protect you from germs. Wash with soap and water or clean with alcohol-based hand cleaner.
- ✎ If using gel, rub your hands until the gel is dry. The gel doesn't need water to work; the alcohol in it kills the germs on your hands.
- ✎ Get plenty of rest, and eat nutritional meals! Take care of your health – physical and mental!

If you are diagnosed with a case of H1N1, or if you know someone who has been diagnosed, please notify either the Dean for Student Life (ext 8161) or the Director of Health Services (ext 8181). It is important for our community that we follow quarantine protocols to minimize the impact that H1N1 may have on our campus.

Please educate yourselves and stay informed about H1N1 and the precautions necessary to help avoid infection. For symptom information, please visit www.cdc.gov/h1n1flu/qa.htm.

Isolation

Be prepared to isolate yourself if you become ill. The local health department may require a period of isolation either in your room, but if at all possible, at home. Isolation must continue until 24 hours after the fever is gone. **Please have a plan in place in the event you are instructed to isolate. Stay home if you are sick!** If you absolutely cannot return home during your illness, we will make arrangements to quarantine you in a room either your own or another on campus, and have your meals brought to you.

Campus Resources

If you believe that you may have H1N1 or have additional health concerns, please contact the Director of Health Services, Judy Murphy, at 785.227.3380 extension 8181. Dial 911 for medical emergencies. Please be reminded that you if you are ill, you will need to contact your professors and make arrangements to complete your coursework.

Vaccine

Director of Health Services will administer the regular flu shot again this year. In addition, please consider getting an H1N1 vaccination once it is available. The H1N1 vaccine is administered in two doses which are taken one month apart—then there is an additional two weeks before resistance develops. Continue to take the health precautions listed and try to minimize your exposure as the vaccine will have little impact for you during the fall semester.

Freda Budke Strack | Dean for Student Life
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