



## Preparing for Flu Season - A Letter to Snow Students

Dear Snow Student,

According to the Center for Disease Control and state and local health officials, preparing for this year's flu season includes understanding the increased risk of contracting the H1N1 flu. Snow College is taking steps before the flu season is upon us to prevent the spread of the flu virus on our campuses.

We will be closely monitoring flu conditions on campus during the flu season and make decisions that we believe are needed to keep students as healthy as circumstances allow. We are taking steps to try to minimize the spread of illness, but we are largely depending on your individual efforts.

Here are a few things you ought to do to stay healthy and well and help prevent the spread of flu:

- **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.** Health officials recommend self-isolation – which means staying away from others to avoid further 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. Take the responsibility to communicate with your professors about the seriousness of your illness and discuss ways you can submit work and make up any missed work.
- **Talk with your health care providers about whether you should be vaccinated for seasonal flu.** Watch for announcements of local shot clinics. 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 web site. Thank you in advance for doing your part to prevent the spread of flu here at Snow.

Best wishes,

Craig Mathie  
Vice President for Student Success