

August 31, 2009

Subject: H1N1 (SWINE FLU update-please read)

Dear ODU students:

Novel H1N1 flu, also known as swine flu, has continued to cause illness across the United States in recent months. A few ODU students were affected here this summer. While we cannot predict the number of future cases, it is likely there will be more. We are remaining vigilant, especially because this flu is infecting children and young adults through age 24 at a disproportionately high rate as compared to seasonal flu. We will continue to keep you apprised of this and any other health-related concerns.

We encourage students to visit our Web site (<http://studentaffairs.odu.edu/healthservices>) frequently for updated information and news about the flu.

For the next few months, until a vaccine is available, the only and best prevention available is common sense. Remember, it is important that you:

- Cover your cough with a tissue or cough into your upper sleeve.
- Wash your hands often. Carry alcohol-based hand cleanser with you and use it often.
- Don't share drinking glasses, eating utensils, pillows or smoking materials.
- Reduce germs on surfaces touched often by wiping down your telephone, keyboard, doorknobs and surfaces, such as desks and bathrooms, regularly. Any household cleaner or wipe is effective.

What to do if you develop flu-like symptoms (which include headache, chills, body aches, fatigue, cough, sore throat, stuffy nose) and a fever:

- Stay in your room and don't go out.
- Go to the H1N1 (Swine) Flu section on our Web site and review the "Information for Students." This will provide guidance about self-isolation and treatment as well as how and when to call Student Health or your health care provider.

Vaccines against both seasonal and novel H1N1 (Swine) flu viruses should be available sometime this fall. Student Health is developing plans to make both available to ODU students. Our Web site offers information for seasonal flu vaccine clinics, which begin September 10<sup>th</sup>. Watch for future notices about H1N1 (Swine) flu vaccine clinics later in the semester.

Student Health rarely sends out mass e-mails, and we will continue to be judicious about using this as a means of communicating with students. It is particularly important this year that you open and read all e-mails coming from Student Health. This is the most expeditious means of delivering important health information to you.

Best wishes for a healthy and successful academic year.

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