

September 17, 2009

Dear Students,

Welcome to Fall 2009. This letter serves as a welcome to Santa Clara University and guidance about how to prevent the spread of flu on our campus.

Cowell Student Health Center follows global, national and local health advisories issued through the World Health Organization, the Center for Disease Control and the Santa Clara Public Health Department to guide management of H1N1 and seasonal flu. Like many college campuses, we are preparing for the possibility of a significant increase in the number of flu cases this fall. Please check our website for H1N1 updates.

Currently, the 2009 H1N1 flu has been primarily a mild to moderate illness, very similar to what we see with regular seasonal flu. However, if you have a chronic medical condition such as asthma, diabetes, cancer, heart disease, lung disease, or an immune system disorder or you are pregnant, you may be at greater risk for complications from the flu. Therefore, it is important for you to seek medical advice when you are sick with flu symptoms.

Cowell will be carrying seasonal flu vaccine and we anticipate receiving the H1N1 flu vaccine when it is available. There will be a seasonal flu vaccine clinic in the Benson Center on Tuesday, October 13<sup>th</sup> from 10:00 am to 4:30 pm. **Talk with your health care providers about whether you should be vaccinated for seasonal flu.** If you are at higher risk for flu complications from 2009 H1N1 flu, you should consider getting the H1N1 vaccine when it becomes available. Santa Clara County Public Health Department will be directing Cowell how to prioritize administration of the H1N1 vaccine to the high risk groups. For more detailed information about priority groups for vaccination, visit [www.cdc.gov/h1n1flu/vaccination/acip.htm](http://www.cdc.gov/h1n1flu/vaccination/acip.htm).

Cowell Student Health Center advises you to take the precautions outlined below to help yourself and others stay healthy.

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue away in a waste basket. If you do not have a tissue, sneeze or cough into your upper sleeve, not your hands.
- Wash your hands (for 20 seconds) often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleansers with at least 60% alcohol are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you get sick with influenza, stay home from work or school and limit contact with others to keep from infecting them.

If you have a fever (100° F or above) and flu like symptoms (cough, sore throat, runny or stuffy nose, headaches, bodyaches, fatigue, diarrhea or vomiting) you will need to isolate yourself from others to limit the spread of the virus. You will need to stay home (or in your room) for 24 hours after you no longer have a fever without using fever reducing medications. Drink plenty of fluids and get plenty of rest. Don't go to class or work. Only leave your home or room to seek medical attention. If you are ill and need more detailed instructions please go to the Cowell Student Health Center website.

Please visit the Cowell Student Health Center website [www.scu.edu/cshc/](http://www.scu.edu/cshc/) and follow the H1N1 update links for more detailed information.