



July 15, 2009

RE: Influenza prevention on the Florida State University campus

Dear Students, Faculty, Parents and Staff,

The novel strain of H1N1 influenza (swine flu) has spread to all areas of the United States. So far it has caused illness similar in severity to the seasonal flu that we deal with every winter. Florida has identified over 1700 confirmed cases and it is suspected that there have been many more that were not tested.

Cases have been confirmed in high school students who attended a summer camp on the FSU campus. Dr. Marjorie Kirsch, Medical Director of the Leon County Health Department has recommended that we distribute The Center for Disease Control (CDC) guidelines for colleges to help reduce the spread of the flu.

To reduce the spread of the flu and other infections:

1. Wash hands frequently. Cover coughs and sneezes.
2. Students, faculty and staff with a flu-like illness (fever and cough and/or sore throat) should stay home for at least 7 days after symptoms began or 24 hours after symptoms resolve, whichever is longer.
3. People who are exposed to someone with a flu-like illness should monitor themselves for symptoms. Exposed persons who are at high risk for complications from the flu should consult with their medical provider about the need for preventive medication. Persons at increased risk include: people older than 65 years, children younger than five years, pregnant women, and people of any age with certain chronic medical conditions, like diabetes, asthma, immune-suppression, or chronic lung disease.
4. Routine cleaning of all areas and items that are more likely to have frequent hand contact (like doorknobs, faucets, handrails).

More information on the novel H1N1 influenza virus is available at the CDC website:

<http://www.cdc.gov/h1n1flu/>

Sincerely,

Mary B. Coburn
Vice President for Student Affairs

Additional information about H1N1 Influenza can be found at the Thagard Student Health Center Web Site: <http://www.tshc.fsu.edu/swineflu.htm>