

September 18, 2009

Subject: Influenza Update and Guidance

Dear Students,

I hope that you are enjoying a healthy fall semester thus far. This email is to provide you with information regarding the current influenza rates on campus and to increase your awareness regarding influenza prevention and treatment.

The Pinellas County Health Department has asked the College to track incidents of influenza-like-illness on campus. Since the H1N1 Influenza (Swine Flu) and the Seasonal Flu are presenting similarly, we are not distinguishing the two in our tracking and response efforts. This week, there were two confirmed cases of influenza on campus and ten additional self-reports of influenza-like-illness among students, faculty and staff.

While these numbers do not constitute an “outbreak”, we want to continue to be vigilant in our prevention and control efforts.

Please take note of the follow campus guidelines and good hygiene practices:

- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Avoid touching your eyes, nose, or mouth. Germs spread this way.
- Avoid sharing items such as beverages, eating utensils, and make-up.
- Try to avoid close contact with sick people.
- Stay home if you are sick. Self-isolate by not attending class and campus events until 24h after your fever is gone without the use of fever reducing medications. You do not need to obtain a doctors note, but you must email your professors when you need to miss class because of an influenza-like-illness.
- Email the flu alias if you or your roommate experience flu symptoms: [flu@eckerd.edu](mailto:flu@eckerd.edu).
- Students at risk for complication from influenza (e.g., students who have asthma, diabetes, a comprised immune system or are pregnant), may ask to temporarily relocate to another residential setting if they are sharing a living space with

individuals experiencing influenza-like-illness. Students should send a message to Eckerd's Flu Alias ([flu@eckerd.edu](mailto:flu@eckerd.edu)) for more information.

More information on influenza prevention and treatment is included in the attached Electronic Flu Kit and on the College's Pandemic Flu Webpage: [www.eckerd.edu/health/flu](http://www.eckerd.edu/health/flu). As always, please feel free to contact me with any questions/concerns.

Thank you for doing your part to prevent the spread of flu at Eckerd.

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