Dear UCM Faculty and Staff,

The nation is expecting a recurrence of H1N1, often referred to as swine flu, during the fall and winter. As the flu season approaches, we want to share information to help you stay healthy as much as possible and also prevent the spread of illness. In cooperation with local, state and national sources, our University Health Center staff continues to monitor the flu situation, both seasonal and H1N1, and will share updates as needed throughout the academic year. As an initial step this fall, we appreciate you taking time to read this message.

Stay Informed:

The more you know about H1N1 and precautions that will help you avoid infection the better. The U.S. Centers for Disease Control (CDC) and Prevention has established a web site that provides details about H1N1, how it is spread and tips for treatment and prevention, [http://www.cdc.gov/h1n1flu/qa.htm](http://www.cdc.gov/h1n1flu/qa.htm). Another helpful site is [http://flu.gov](http://flu.gov). You can also go to the health center’s web site, [http://www.ucmo.edu/uhc](http://www.ucmo.edu/uhc) for additional information and campus updates regarding H1N1.

The symptoms of this flu virus are similar to seasonal flu symptoms. Therefore, the University Health Center urges anyone experiencing symptoms of fever, body aches and lethargy, and/or respiratory symptoms of coughing, sneezing and eye irritation to STAY HOME, self-isolate and avoid unnecessary contact with others. Treatment is the same as with any flu-like illness: keep the fever down and stay well hydrated.

Have a Plan for Temporary Isolation in Case of Illness:

The CDC is strongly recommending self isolation for those who have flu like illness for a period of at least 24 hours after they no longer have flu symptoms without aid of fever-reducing medicine. Faculty and staff should consider a plan that allows them to isolate at home to recuperate, which will help minimize the risk of infecting others.

Vaccine:

Faculty and staff are urged to get the seasonal flu shot, and if available, the H1N1 vaccine. The CDC will dictate priority groups to receive the H1N1 vaccine and will require two separate vaccinations three weeks apart. Although, the availability and timeline of the H1N1 vaccine is uncertain at this time, seasonal flu shots are expected to be available early this fall. The University Health Center will keep the campus community informed of vaccine availability. With a time lapse between the start of fall semester
and vaccine availability, it’s especially important to remember to take proper precautions to help you stay healthy.

**Best Practices:**

Even healthy people need to remember that basic practices can help to prevent the spread of illness:

- Cover your nose and mouth when coughing or sneezing
- Cough/sneeze into a tissue (and throw it away) or cough into your sleeve [http://www.youtube.com/watch?v=SpPA735ZJYE&amp;feature=related](http://www.youtube.com/watch?v=SpPA735ZJYE&amp;feature=related)
- Avoid touching your eyes, nose and mouth
- Frequent hand washing with soap and water, or use alcohol based hand cleaners

**Important Contacts:**

Should you become ill or have health concerns, please call your primary care provider. In case of a medical emergency, call 911.

We hope this information is helpful. By following these important steps, you can help contribute to a healthy campus. Your assistance is greatly appreciated.

Best Wishes,

Richard C. Morrell
Vice President of Student Affairs