

Dear Faculty and Staff,

As I shared with you last week, The College of Idaho is taking several measures to prevent the spread of H1N1 virus (swine flu) on campus. We had three students exhibit flu-like symptoms, but there have not been any confirmed cases at the College. All three ill students were released from isolation after their fevers reduced.

I would like to give special thanks and recognition to the offices of Maintenance & Operation, Campus Safety, Residence Life and Student Health Services for their work. I appreciate the extra efforts all of you have made to keep our campus community healthy.

As a reminder, it is important for all of us to take individual preventive measures against H1N1. These include:

- Avoiding touching your eyes, nose or mouth
- Covering your nose and mouth when you sneeze or cough
- Washing your hands frequently
- Using hand sanitizer, which has been placed throughout campus

The symptoms of H1N1 are similar to the symptoms of seasonal flu and include:

- Fever (around 102 degrees)
- Cough
- Sore throat
- Body aches
- Headache
- Chills
- Fatigue
- Diarrhea
- Vomiting

Take these symptoms seriously, as H1N1 varies from mild to severe. **If you have symptoms, the College asks that you stay home and keep a distance from others for at least 24 hours after your fever is gone without the use of fever reducing medication.** For those who need it, a sick leave pool will be established for those who show flu-like symptoms and need to stay home.

We intend to make the seasonal flu vaccination available to employees and will notify you as soon as we have specific information. If possible, we will make H1N1 vaccinations available on campus. Talk to your health care provider to find out if you should be vaccinated for seasonal flu and/or H1N1.

We will keep the college open and continue normal operations unless the impact of H1N1 becomes so disruptive it is no longer practical. We will contact the faculty to discuss steps to support them if they become ill, and to provide ongoing academic support to ill students.

If you have any questions, please contact Libby Burtner, Director of Health Services, at x5200, or Paul Bennion, VP for Student Affairs & Dean of Students, at x5841.

Sincerely,

President Marv Henberg