



CONCORDIA
UNIVERSITY

September 9, 2009

Dear Students and All CU Community Members:

We hope the new academic year has started well for all. As we head into the flu season, we wanted to offer direction and guidance related to the H1N1 virus and our campus strategies. We are closely monitoring state and county flu information to make decisions about the best steps to take concerning our institution. We will keep you updated with new information as it becomes available to us.

As you may know, flu can be spread easily from person to person. Therefore, we are taking steps to minimize the spread of flu at Concordia University, **but we need your help to accomplish this challenge.** Here are a few things you can do to help:

- **Practice good hygiene and health practices:** Your personal health has a huge impact on those around you. For this reason, if you cough or sneeze, please cover your nose and mouth with your sleeve or tissue; wash your hands often with soap and water or alcohol based hand sanitizers; avoid others with flu-like symptoms; and avoid touching your eyes, nose and mouth.
- **Know the signs and symptoms of the flu.** Symptoms of H1N1 include symptoms ordinarily associated with the flu (fever, sore throat, body ache, chills, cough, and fatigue). A fever is a temperature of 100 degrees Fahrenheit (or 38 degrees Celsius) or higher. Possible signs of fever: person feels very warm, has a flushed appearance, or is sweating or shivering.
- **Stay home from class or work if you have flu or flu-like illness. Stay home for at least 24 hours after you no longer have a fever or signs of one.** This should be determined without the use of fever-reducing medications (medicine that contains ibuprofen or acetaminophen).
- **Talk with your health care providers about whether you should be vaccinated for seasonal flu.** People at higher risk for 2009 H1N1 flu complications include pregnant women and people with chronic medical conditions (such as asthma, heart disease, or diabetes). For more information about priority groups for vaccination, visit www.cdc.gov/h1n1flu/vaccination/acip.htm.

For the latest information please refer to the following websites: www.flu.oregon.gov; www.flu.gov; www.cdc.gov/flu/. You may also or call 1-800-CDC-INFO (232-4636). We will keep you posted on Concordia's website www.cu-portland.edu of any additional changes to our institution's strategy to prevent the spread of flu on our campus.

Our understanding is that most health providers will have the vaccine for H1N1 available sometime in October. Please strongly consider getting this two-shot vaccine and also the regular flu shot. While we will not have the shots on campus, we will work to assist students to clinics to receive shots.

If this year's flu season becomes more severe, we may take additional steps to prevent the spread of the virus. Thank you for your vigilance and assistance in keeping Concordia as healthy as possible.

In Him,

Steve DeKlotz, M.A.
Dean of Students

Barbara Russell, R.N.
Director of Health Services