



September 5, 2009

Dear Campus Community:

Concordia is off to a great start of the Fall semester and the campus has a great feel and spirit to it.

I am writing today to offer direction and guidance related to the H1N1 virus and our campus strategies.

Barbara Russell, Director of the Health Center, has gathered a great deal of information and has culled the wheat from the chaff. I have synthesized the most salient points below.

- Symptoms of H1N1 include symptoms ordinarily associated with the flu. If you have a fever, cough, sore throat, body ache, chills and fatigue—all flu-like symptoms, **please stay home from work.**
- The best way of controlling the pandemic effect is to control your own approach to being healthy. 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.
- **Faculty:** are considering how students will face potential week-long absences in class. This means that professors will think creatively through a system for how ill students can keep current in class without attending class. The faculty will communicate these strategies to their classes directly.
- **Coaches:** are also working through when student athletes will practice and compete. Athletes who exhibit flu-like symptoms will be asked to stay away from the team until they have no fever and other symptoms have subsided. Student health is our priority in athletics.



- Students, staff and faculty are encouraged to stay home when they have flu like symptoms.

For the latest information please refer to the following websites:

[www.flu.oregon.gov](http://www.flu.oregon.gov); [www.flu.gov](http://www.flu.gov); [www.cdc.gov/flu/](http://www.cdc.gov/flu/)

My understanding is that most health providers will have the vaccine for H1N1 available in early October. Please strongly consider getting this two-shot vaccine and also the regular flu shot. While we won't have the shots on campus, we will work to get students to clinics to get shots.

We will continue to keep you as informed as possible as new information and campus updates become available.

Thank you for your vigilance and assistance in keeping Concordia as healthy as possible.

In Him,

Glenn C. Smith, Ed.D  
Vice Provost for Student Services and Enrollment Management