



August 2009

Dear Parent/Guardian of a Suffolk University Student,

As we prepare to welcome new and returning students back to campus, we want you to know that we are aware of the most up-to-date H1N1 Flu information and recommendations. This letter includes information you need to know about H1N1 Flu and the University's resources. It will also be sent directly to students via their Suffolk University e-mail accounts.

The H1N1 Flu has the potential to cause more widespread illness than the seasonal flu. Therefore, we request your cooperation in our efforts regarding prevention and control as we do our best to protect each member of the Suffolk University community, and undertake to comply with recommendations from federal, state and local health departments.

We ask for your help in educating our students by keeping yourselves informed about the H1N1 Flu and by supporting our efforts in your communications to students and others in the Suffolk University community.

Please assist us in the following ways:

- Students should practice good hand hygiene by washing their hands with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective when soap and water are not available.
- Students should practice respiratory etiquette by covering their mouth and nose with a tissue when they cough or sneeze. If they don't have a tissue, they should cough or sneeze into their elbow or shoulder – not into their hands. Students should avoid touching their eyes, nose, or mouth as germs are spread this way.
- Students should know the signs and symptoms of the flu (visit [www.cdc.gov/h1n1flu/sick/htm](http://www.cdc.gov/h1n1flu/sick/htm)) and consult with their health care providers if they are feeling ill.
- Students and parents should talk with their health care providers about whether they should be vaccinated for seasonal flu. For more information about priority groups for vaccination, visit [www.cdc.gov/h1n1flu/vaccination/acip.htm](http://www.cdc.gov/h1n1flu/vaccination/acip.htm). We recommend that students whose homes are close to Suffolk University make appointments with their primary care providers for vaccinations and/or evaluation and treatment of illness. If students are unable to make an appointment with their primary care provider, the University is offering seasonal flu shot clinics for students. For more information visit [www.suffolk.edu/flu](http://www.suffolk.edu/flu).
- Students with flu or flu-like illness should not go to class, residence hall dining facilities or work until at least 24 hours after the fever resolves, or four full days, whichever is longer.

Students living at home should stay home as stated above.

Students living in off-campus apartments are urged to contact a family member to take them home until they are feeling better. Otherwise, students in off-campus apartments should stay in their apartments while they recuperate.

Students living on campus (including the Holiday Inn or Hyatt) are urged to contact a family member to take them home so they can recuperate in the most comfortable environment. This approach will also minimize exposure to others. If family members live too far away, resident students may consider staying with a friend off campus. We understand that these recommendations will not be possible for all resident students to follow, in which case resident students are advised to contact the Residence Life staff to help with appropriate precautions. Food will be available for those students with H1N1 Flu who stay in their residence hall rooms. We will endeavor to offer healthy roommates the option of temporarily moving to another room while their roommate is ill. We will make every effort to keep as much of the Suffolk University community as healthy as possible by limiting unnecessary exposure as best we can. Resident students are encouraged to keep private common area bathrooms and lounges clean. Appropriate cleaning products can be found at <http://www.epa.gov/oppad001/influenza-disinfectants.html>.

- **Parents and guardians should be prepared to pick students up from campus or their off-campus apartments should they become ill.** It is not advisable for symptomatic people to take public transportation. Remember that the campus is a densely populated area which increases risks and exposures.
- **Students who are absent should report their absences directly to their instructors by e-mail or telephone.**
- **Students are encouraged to complete the on-line absence tracking form available at [www.suffolk.edu/flu](http://www.suffolk.edu/flu).** The link to the form is on the right side of the page. Only students who do not have access to the Internet should contact the Student Affairs Office at (617) 573-8239 to report an absence.
- **Students are encouraged to contact Suffolk's Health and Wellness Services** in advance of visiting the office if they are ill to avoid unnecessary exposure to themselves or others and to avoid long waits. Health and Wellness Services can be reached at (617) 573-8260.
- **Students who are having difficulty resuming their coursework or students who need support from campus resources following their illness should contact [studentaffairs@suffolk.edu](mailto:studentaffairs@suffolk.edu) for assistance.** A staff member in the Student Affairs Office will respond.
- **Students should update their emergency contact information so the University can contact them in the event of a school closure or other emergency.** Students can update their emergency contact information by going to their SAIL account and selecting "Update Emergency Contact Information."

Current recommendations from public health authorities do not advise school closures. However, if this year's flu season becomes severe, we may decide to suspend classes. This decision will be made together with state and local public health officials.

Please visit the University's Health and Wellness website at [www.suffolk.edu/flu](http://www.suffolk.edu/flu) for the most up-to-date information and links to important websites.

Best wishes for a happy and healthy school year.



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