



SUFFOLK
UNIVERSITY

September 2009

Dear Suffolk 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.

The H1N1Flu 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 of federal, state and local health departments.

Please assist us in the following ways:

- **You should practice good hand hygiene** by washing your hands with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners also are effective when soap and water are not available.
- **You should practice respiratory etiquette** by covering your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, you should cough or sneeze into your elbow or shoulder – not into your hands. You should avoid touching your eyes, nose, or mouth – germs are spread this way.
- **You should know the signs and symptoms of the flu** (visit www.cdc.gov/h1n1flu/sick/htm) and consult with your health care provider if you are feeling ill.
- **You should talk with your health care provider about whether you should be vaccinated for seasonal flu.** For more information about priority groups for vaccination, visit www.cdc.gov/h1n1flu/vaccination/acip.htm. If your home is close to Suffolk University and you wish to be vaccinated, you should make an appointment with your own primary care provider for vaccination and/or evaluation and treatment of illness. If you are unable to make an appointment with your own primary care provider, Suffolk will offer a seasonal flu shot clinic for students – visit www.suffolk.edu/flu for more information.
- **If you have flu or flu-like illness, you should not go to class, the library, residence hall dining facilities or work until at least 24 hours after fever resolves, or 4 full days, whichever is longer.**

Students Living at Home should stay home as stated above.

Students Living in an Off-Campus Apartment are urged to contact a family member to take you home until you are feeling better. Otherwise, you should stay in your apartment while you recuperate.

Students Living On-Campus (Including the Holiday Inn or Hyatt) are urged to contact a family member to take you home so you can recuperate in the most comfortable environment. This approach will also minimize exposure to others. If your family lives 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 community as healthy as possible by limiting unnecessary exposure as best as 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>.

- **Ask your family to be prepared to pick you up from campus or your off-campus apartment should you 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.
- **Report your absence directly to your instructors by email or telephone.**
- **Complete the on-line absence tracking form available at www.suffolk.edu/flu.** The link to the form is on the right column on 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.
- **Contact Suffolk's Health and Wellness Services** in advance of visiting the office if you are ill to help avoid unnecessary exposure to you or others or long waits. Health and Wellness Services may be reached at (617) 573-8260.
- **Contact studentaffairs@suffolk.edu for assistance if you are having difficulty resuming your coursework or if you need support from campus resources following your illness.** A staff member from the Student Affairs Office will respond to your email.
- **Update your emergency contact information so the University may contact you in the event of a school closure or other emergency.** You may update your emergency contact information by going to your SAIL account and selecting "Update Emergency Contact Information."

Current recommendations from public health officials do not advise school closures. However, if this year's flu season becomes more 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 for the most current information and links to important websites.

Best wishes for a happy and healthy school year.



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