



SUFFOLK
UNIVERSITY

September 2009

Dear Suffolk University Madrid Campus Student:

We want to keep you informed of the most up-to-date H1N1 Flu information and recommendations. To that end, this letter includes information we believe you need to know about the H1N1 Flu and campus 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 Community and comply with recommendations from Spain's national and regional health departments.

We ask for your help by keeping yourselves informed about the H1N1Flu.

We ask your assistance with the following general precautions:

- **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. Hand cleaner/dispensers are available throughout campus.
- **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 providers if you are feeling ill.
- It is strongly recommended that you purchase and keep on hand fever reducing medicine in case you get sick.
- **It is highly encouraged that you are vaccinated for the seasonal flu.** Seasonal flu shots are available by appointment with Dr. Rubén Borrás Francés. He speaks English. His office is located:
C/Claudio Coello, 117 Bajo D

Metro: Nunez de Balboa

Telephone: 91 576 9901/91 576 9902

*Please note that the doctor visit is covered under your Sanitas health insurance but the cost of the flu vaccine (approximately 8-10 euros/\$12-\$14), will be at your personal expense.

- Visit www.cdc.gov/h1n1flu/updates/international for the most up-to-date international situation update on the H1N1 Flu.
- Visit www.cdc.gov/travel/content/study-abroad.aspx for travel health tips.

Information for Students Studying in Madrid:

- If you develop H1N1 flu symptoms, you are urged to immediately call the Suffolk University Madrid Campus 24-hour emergency number at +34 628 294 290 for instructions of how to proceed.
- You are also encouraged to visit the Suffolk University website at www.suffolk.edu/studyabroad as well as 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.

Sebastián Royo

A handwritten signature in black ink, appearing to read 'S. Royo', with a long horizontal stroke extending to the right.

Director of the Suffolk University Madrid Campus