



SUFFOLK
UNIVERSITY

September 2009

Dear Suffolk Student Studying Abroad:

As we prepare to welcome new students and returning students back to campus, we want you to know that these preparations include keeping ourselves informed regarding the most up-to-date H1N1 Flu information and recommendations. To that end, this letter includes information we believe you need to know about 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 undertake to comply with recommendations from federal, state and local 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.
- **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.
- **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. We recommend that students make appointments with their own primary care providers for vaccinations and/or evaluation and treatment of illness.

- 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 Who Will Be Studying Abroad:

- The Study Abroad Office advises all students who will be studying abroad to delay travel to their international study abroad destinations if they are ill or have a raised temperature a few days prior to departure. You should consult you're your primary care providers and postpone departure until after they are fully recovered.
- If you develop flu symptoms following your arrival to your study abroad destination, you are urged to immediately report to the staff of the International Student Office of your host institution.
- If students studying abroad become ill, you should 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.
- Students studying abroad are encouraged to visit the Suffolk University website at www.suffolk.edu/studyabroad.
- In case of an emergency, you should call the Suffolk University Study Abroad 24-hour emergency number at (617) 875-0915.

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.

Youmna Hinnawi
Director, Study Abroad

Art Klossner, PA-C, MA, MBA
Director, Office of Health & Wellness Services