



TO: North Carolina A&T State University Students

FROM: Chancellor Harold L. Martin, Sr.

DATE: August 12, 2009

RE: **New Academic Year: H1N1 (Flu) Update**

Make your academic year at North Carolina Agricultural and Technical State University an exciting and healthy year by helping yourself, your friends, and others stay safe and informed about H1N1, the influenza virus (flu). Since this virus was detected in April 2009, our campus has launched an aggressive educational campaign to keep you updated regarding the serious public health implications by an influenza outbreak.

The Centers for Disease Control and Prevention (CDC) has determined that the best protection against this flu is to practice good personal hygiene, such as thorough hand washing with warm water and soap or alcohol-based hand sanitizers, covering coughs and sneezes with a disposable tissue or by coughing or sneezing into a bended elbow or sleeve, and to practice social distancing by staying home away from others if sick.

According to the CDC, 98% of the flu virus that is circulating now is H1N1, so if you have flu-like symptoms such as a cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue, and fever of 100 degrees or greater, with diarrhea and/or vomiting, more than likely you have the H1N1 virus.

If you are experiencing flu-like symptoms, especially fever, it is possible for you to spread the flu virus to those who have close contact with you (for example, someone living with or caring for you). To help prevent the spread of the flu virus to others, the Guilford County Department of Public Health and North Carolina A&T State University are asking you to follow these guidelines:

- **SEEK CARE.** The student who is sick should report to the Sebastian Health Center or a local health care provider for assessment and treatment. The health center is located in the Sebastian Building, at 239 Nocho Street, and can be contacted at 336.334.7880.
- **SICK, STAY AT HOME.** A person can expose others to the flu virus up to seven days after they begin to feel ill. Practice social distancing by avoiding crowds

such as athletic events or large gatherings for seven days or until you have been symptom free for 24 hours, whichever is longest.

- **REST AND STAY HYDRATED.** Rest and drink plenty of water and fruit juices. Avoid alcoholic beverages.
- **AVOID CLOSE CONTACT WITH OTHERS.** Avoid close contact such as kissing, sharing toothbrushes or sharing drinks. Try to stay in one room, as far away from others as possible.
- **COVER YOUR MOUTH AND NOSE.** Always cover your mouth and nose when sneezing, and coughing. Use a disposable tissue when blowing your nose and throw the tissue in the trash. *Please buy a personal supply of tissue and hand sanitizer to use as needed.* Cough and sneeze into your bended elbow or sleeve.
- **WASH YOUR HANDS.** Rub your hands with an alcohol-based hand gel or wash them with soap and warm water right after you sneeze or cough.
- **WATCH FOR EMERGENCY WARNING SIGNS.** Most people should be able to recover at home, but watch for emergency warning signs that indicate you should seek immediate care. In adults:
  - Difficulty breathing or shortness of breath
  - Pain or pressure in the chest or abdomen
  - Sudden dizziness
  - Confusion
  - Severe or persistent vomiting
  - Flu-like symptoms improve but then return with a more severe cough and fever

For more information about H1N1, visit:

- [http://www.ncat.edu/announcements/summer09/health\\_tips/](http://www.ncat.edu/announcements/summer09/health_tips/)
- [www.guilfordhealth.org](http://www.guilfordhealth.org)
- [www.cdc.gov](http://www.cdc.gov)
- [www.ncpublichealth.com](http://www.ncpublichealth.com)