

TO: North Carolina A&T State University Faculty, Staff and Students

FROM: Chancellor Harold L. Martin, Sr.

DATE: June 25, 2009

RE: **H1N1 Notification**

North Carolina A&T State University has been informed of two confirmed cases of the H1N1 novel flu virus (or Swine Flu) on our campus by the NC Division of Public Health lab. Both cases are in isolation and are being treated.

Please remember 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 Centers for Disease Control and Prevention (CDC), 98% of the flu virus that is circulating now is H1N1, so if you have flu-like symptoms like cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue, and fever of 100 degrees or greater, even diarrhea, vomiting, you likely have the H1N1 virus. You don't need to seek medical attention just to confirm that fact.

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 spread of the flu virus to others in close contact with you, the Guilford County Department of Public Health is asking you to follow these guidelines:

- **SEEK CARE AT THE HEALTH CENTER.** The person who is sick should first report to the Sebastian Health Center for evaluation and medications, if needed. The health center is located at 239 Nocho Street and can be contacted at 336-334-7880.
- **STAY AT HOME** for 7 days after your symptoms begin or until you have been symptom-free for 24 hours, whichever is longer. Do not go to class or other gatherings on or off campus. Do not go to athletic facilities while ill; exercising while ill can make you much worse.
- **REST AND STAY HYDRATED.** Avoid alcoholic beverages.
- **AVOID CLOSE CONTACT WITH OTHERS.** Avoid close contact such as kissing, sharing toothbrushes or drinks with people who are not sick. 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, coughing, or blowing your nose.
- **WASH YOUR HANDS.** Rub your hands with an alcohol-based hand gel or wash them with soap and water right after you sneeze, cough or throw a used tissue in the trash.
- **CALL THE HEALTH CENTER IF YOUR SYMPTOMS GET WORSE.**
 - Trouble breathing including shortness of breath or fast breathing
 - Bluish skin color
 - Pain or pressure in the chest or abdomen
 - Sudden dizziness
 - Confusion or irritability
 - Flu-like symptoms improve but then return with fever and worse cough
 - Unable to drink fluids

For more information about H1N1, visit www.guilfordhealth.org, www.cdc.gov or www.ncpublichealth.com