

Dear Geneva College student,

You've probably heard about the H1N1 flu (sometimes wrongly called the Swine Flu). *There have been no reported cases at Geneva, but we are taking the possibility seriously.*

The best way to prevent the spread of the flu is to follow best practices. Cover your mouth and nose with a tissue (or when not available, your elbow or shoulder) when you cough or sneeze. Wash your hands often with soap and water, and use the hand sanitizer that is now available in dispensers around campus. Keep your residential room clean and frequently disinfect commonly used surfaces such as doorknobs, computer keyboards and remote controls.

It is important to know the signs and symptoms of the flu:

- A fever over 100 degrees
- Fever or chills
- A cough, sore throat or runny nose
- Body aches, headache or extreme tiredness
- Diarrhea or vomiting

If you experience flu-like symptoms, isolate yourself. You do not need to go to your classroom or the infirmary. If at all possible, go home. If that's not possible, stay in your residence hall room. To inform us that you're sick, please take a couple of minutes to complete the "Flu Form" which is a Quick Link on the home page of www.geneva.edu.

Please stay at your home or residential room for 24 hours after you no longer have a fever. Of course, contact the infirmary at ext. 6666 or GCFlu@geneva.edu if you have questions or concerns.

The Center for Disease Control (CDC) has given colleges guidelines on how to prepare for and respond to the possibility of an outbreak of the flu. The Advice given above is consistent with those guidelines. You can find more information at <http://www.cdc.gov/H1N1flu/>.

I pray that each of you has a safe and healthy year.

Sincerely,

A handwritten signature in black ink that reads "Connie Erwin RN". The signature is written in a cursive, flowing style.

Connie Erwin, RN, BSN
Director of Health Services