

August 28, 2009

Dear students, faculty, staff and parents,

As you may know, flu can be spread easily from person to person – both seasonal flu and the new strain of H1N1 “swine” flu, which is infecting children and young adults more frequently. Therefore, we are taking steps to prevent the spread of flu at Frostburg State University for as long as possible, **but we need your help to accomplish this.**

We are working closely with the Allegany County Health Department (www.alleganyhealthdept.com) to monitor flu conditions and make decisions about the best steps to take concerning our institution. We will keep you updated with new information as it becomes available to us.

For now, we are doing everything we can to keep our institution operating as usual. Here are a few things you can do to help:

- **Practice good hand hygiene** by washing your hands with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners also are effective. Hand-sanitizer dispensers are being added to a number of public areas on campus, and soap dispensers and paper towel dispensers have been added to residence hall bathrooms.
- **Practice respiratory etiquette** by covering your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder, not into your hands. Avoid touching your eyes, nose or mouth; germs are spread this way.
- **Know the signs and symptoms of the flu.** A fever is a temperature taken with a thermometer that is equal to or greater than 100 degrees Fahrenheit or 38 degrees Celsius. Look for possible signs of fever: if the person feels very warm, has a flushed appearance or is sweating or shivering. Along with the fever, respiratory symptoms such as a sore throat or cough will commonly occur.
- **Stay home if you have the flu or a flu-like illness** for at least 24 hours after you no longer have a fever (100 degrees Fahrenheit or 38 degrees Celsius) or signs of a fever (have chills, feel very warm, have a flushed appearance or are sweating). This should be determined without the use of fever-reducing medications (any medicine that contains ibuprofen or acetaminophen). **Don't go to class or work.**
- **Talk with your health care providers** about whether you should be vaccinated for seasonal flu. **Brady Health will offer three clinics for seasonal flu in September**, one for students only on Sept. 2 from 2 to 5 p.m.; and two for students, faculty and staff on Sept. 8 from 2 to 5 p.m. and Sept. 14 from 8 to 10 a.m. Cost is \$20 for the flu shot and \$25 for FluMist, payable by cash, check or Bobcat Express.

- **If you are at higher risk for flu complications from 2009 H1N1 flu**, you should consider getting the H1N1 vaccine when it becomes available. People at higher risk for 2009 H1N1 flu complications include pregnant women and people with chronic medical conditions (such as asthma, heart disease or diabetes). **Youth aged 24 and younger are also in the priority group.** For more information about priority groups for vaccination, visit www.cdc.gov/h1n1flu/vaccination/acip.htm.
- **Be part of the solution.** This flu season will require more-than-average cooperation and care for one another. Students, consider delivering meals to room-bound friends or allowing a healthy friend with a sick roommate to crash at your place for a while. Parents, if your child gets sick, consider bringing them home to recuperate. Faculty and staff, look at your policies and see if they can be adjusted to reduce the spread of the flu, such as allowing students to submit assignments via Blackboard.
- **Parents, if your child is involved in a study-abroad program**, keep in touch with the Center for International Education at 301-687-4714 or vmgearhart@frostburg.edu. Students and parents both can get more information by visiting www.cdc.gov/travel.

If this year's flu season becomes more severe, we may take additional steps to prevent the spread of the virus. We will pass that information along as it becomes available.

For more information about flu in our community and what our institution is doing, check the Brady Health Alert link on the front page of the FSU Web site, or call Brady Health at 301-687-4310.

For the most up-to-date information on flu, visit www.flu.gov, or call 1-800-CDC-INFO (232-4636).

We will notify you by e-mail, StateLines, Blackboard and the front page of the Web site of any additional changes to our institution's strategy to prevent the spread of flu on our campus.

Sincerely,

Jonathan Gibralter

Jonathan Gibralter, President
Frostburg State University
101 Braddock Road

Frostburg, MD 21532
(301) 687-4111