

Dear students, faculty and staff,

As was reported before, Frostburg State University, like most other colleges in the U.S., is seeing cases of influenza-like illness, with three confirmed H1N1 cases, and an estimated 21 cases of flu-like illness total. So far, cases here have been sporadic and relatively mild, but this week an increase in cases has been noted at Brady Health Center and in the local community, so we continue to urge caution.

The flu spreads easily, and H1N1 has been shown to infect children and young adults more frequently, so we are reminding you again to **stay home and don't go to class or work** 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), and you no longer need fever-reducing medications (any medicines that contain ibuprofen or acetaminophen).

If you think you may have the flu, here is an online questionnaire that will help you decide whether you do, and whether you should visit a doctor:

<http://www.flu.gov/evaluation/index2.html>.

Brady Health has also set up a site for **students only** where they can report flu-like illness without leaving home (<http://www.frostburg.edu/brady/fluselfreport.cfm>). Brady Health and Student and Educational Services will automatically be notified. On-campus students may also notify Residence Life and Dining Services to make arrangements to have food brought to them. Students are still responsible for notifying their faculty members themselves and for making up missed work once they recover.

Brady Health has placed an order for both injectable and Flu Mist H1N1 vaccine, and we will announce clinics as soon as they become available. The initial vaccine will be for current students only, who are ages 24 and younger or any students with underlying chronic medical conditions such as asthma, diabetes, pregnancy or immune suppression.

Meanwhile, the University continues to operate as usual. We would like to remind everyone of these steps to take to protect yourself from the flu:

- **Practice good hand hygiene** by washing your hands with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners also are effective.

- **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.** 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.

- **Seek professional medical advice as needed**, but especially if you have shortness of breath, chest pain or pressure, increasing fever, dizziness or confusion, or severe or persistent vomiting; or if you have underlying health conditions. Call Brady Health at 301-687-4310 for an appointment if needed. On weekends, call Frostburg Health Center at 301-689-3229 for an appointment or contact a local facility of your choice.

- **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. If you get sick, ask your parents to bring you home to recuperate.

For more information, check the Brady Health Alert link on the front page of the FSU Web site, call Brady Health at 301-687-4310 or visit <http://www.flu.gov/>.