

Dear Duquesne Faculty and Staff,

Duquesne University is committed to the health and safety of its community and will remain vigilant in its efforts to limit transmission of the H1N1 (formerly called swine flu) virus on campus.

The University's Pandemic Planning Committee has met throughout the summer and will continue to monitor conditions and share new information related to H1N1 as it becomes available.

We are beginning the new academic year with a healthy Duquesne community. As you may know, however, flu can be spread easily from person to person. Therefore, we are taking steps to prevent the spread of flu on campus for as long as possible, and we need your help.

What can you do to protect yourself from getting sick?

- A vaccine against the H1N1 flu is in development but is not currently available. That's why it is so important to follow these prevention tips:
- Wash your hands often with soap and water. Alcohol-based hand cleaners are also effective.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Cough or sneeze into your upper arm if you do not have a tissue.
- Avoid touching your eyes, nose or mouth especially after touching surfaces that may be contaminated with the flu virus, including faucets, doorknobs, desks and computers keyboards used by others.
- Avoid close contact with people who are sick.
- Stay in good general health by getting plenty of sleep, being physically active, managing your stress, drinking plenty of fluids, and eating nutritious food.
- Know the signs and symptoms of the flu. A fever is a temperature taken with a thermometer that is equal to or greater than 102 degrees Fahrenheit. Look for possible signs of fever: if you feel very warm, have a flushed appearance, or are sweating or shivering.
- Stay home if you have flu or flu-like illness for at least 24 hours after you no longer have a fever. 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 provider about whether you should be vaccinated for seasonal flu. Also 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. For more information about priority groups for vaccination, visit www.cdc.gov/h1n1flu/vaccination/acip.htm.

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

Duquesne University has a comprehensive pandemic response plan in place and a team of individuals from 18 departments across campus monitoring the situation to ensure that our campus community has a healthy 2009-2010 academic year.

We will continue to provide updated information on the flu situation by email and via DORI/DU Daily as appropriate.

Sincerely,

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