

Dear Students,

Welcome to all new and returning students! I hope you had a relaxing summer and are looking forward to this new academic year with enthusiasm.

At Duquesne, your health and safety are top priorities. We have been closely monitoring developments regarding the H1N1 virus ("swine flu") and want to share important information. The University has proactively prepared an emergency response plan, in collaboration with the Allegheny County Health Department, designed to minimize the impact of a flu outbreak on campus, should one occur.

Maintaining your health is also a personal responsibility. You should know how to minimize your risk of contracting the flu, what to do if you get sick and what resources are available on campus to help you.

*Please read the following information carefully and call the Duquesne University Health Service 412.396.1650 if you have any questions.*

#### **What is the difference between the H1N1 flu and other types of flu?**

Unlike seasonal flu, which usually strikes elderly people the hardest, the H1N1 flu virus has mostly targeted teenagers and young adults. The flu comes on much more quickly than the common cold, has more severe symptoms, and typically lasts 3-5 days.

#### **What are the symptoms?**

Symptoms of the H1N1 flu can include any of the following: **high fever (above 102 °), severe cough, sore throat, body aches, headache, chills, fatigue, diarrhea, vomiting.**

#### **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; avoid touching surfaces that may be contaminated with the flu virus, e.g., doorknobs, desks, computers keyboards and faucets.
- **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.

#### **What should you do if you get sick?**

According to the Centers for Disease Control and Prevention, most people who are otherwise healthy will recover from the H1N1 flu without needing medical care. For symptom relief, take fever reducing medication (not aspirin), drink lots of tea, water or juice and get plenty of rest. If you are concerned that you may have the flu:

- **Call the University Health Service at 412.396.1650** to determine if flu testing or treatment is necessary. For after-hours care, resident students should call the front desk of their Living Learning Center for assistance.
- **Avoid going to school or work** for at least 24 hours after you are fever-free (without medication) to avoid infecting others.
- **Seek emergency medical care** if you develop any of the following symptoms: difficulty breathing or shortness of breath; pain or pressure in the chest or abdomen; sudden dizziness; confusion; severe or persistent vomiting; flu-like symptoms that improve but then return with fever and worsening cough.

It is important to stay informed and take precautions to avoid the flu. Additional information about flu prevention and our emergency response plan can be found at [www.duq.edu/health-updates](http://www.duq.edu/health-updates).

Our dedicated Health Service staff, Public Safety Department and comprehensive emergency plan enable us to quickly mobilize the personnel and resources necessary to respond to a flu outbreak. In the meantime, I encourage you to attend classes, enjoy extracurricular activities and take advantage of the many amenities Duquesne offers to enrich your college experience.

Sincerely,

Rev. Sean Hogan, C.S.Sp.  
Executive Vice President for Student Life