

11 September 2009

Over the summer, the university developed plans in anticipation of this year's flu season. I am writing to share with you information regarding our efforts to combat the spread of H1N1 (swine) flu within our campus community. Symptoms for the flu include fever, chills, body aches, sore throat, cough, headache, fatigue and sometimes nausea and diarrhea. In most cases, the illness takes a week or less to run its course.

Like other seasonal illnesses, H1N1 is caused by a virus that spreads from human to human. University cleaning crews are taking special precautions to prevent the spread of the virus and have installed hand sanitizers on campus. Students, faculty and staff also have a role to play in this effort.

These are the simple, but highly effective, steps we encourage you to take:

- ✓ Wash your hands frequently throughout the day with soap or sanitizer.
- ✓ Cover your nose and mouth when sneezing or cough into your upper sleeve.
- ✓ Maintain appropriate social distance. Don't share drinking straws or cups.
- ✓ Stay healthy by getting plenty of sleep, eating wisely and exercising regularly.

Individuals with flu symptoms should contact the Wellness Center (open Monday through Friday from 8:30 a.m. to 4:00 p.m.). The Center is staffed by nurses who are well-versed on public health recommendations regarding the H1N1 flu. They will coordinate our disease prevention program and will track cases of the flu on campus.

Through the Wellness Center, the university will distribute free flu kits. The Center's web site (www.aurora.edu/student-life/wellness/) will include a variety of resources regarding prevention and treatment. You will also want to visit the site to learn more about the flu shot clinic planned for 29 October 2009.

In general, the university is encouraging anyone with flu symptoms to stay home until they have been fever-free for at least 24 hours. If you are sick, please don't come to class or to work. AU administrators will work with faculty and work supervisors to ensure that all flu-related absences are excused.

If you want to learn more about the H1N1 flu, visit the web site for the Centers for Disease Control and Prevention at <http://www.cdc.gov/h1n1flu>. Information also is available at www.flu.gov. The university will monitor these and other sources to ensure that our campus response is modeled on the recommendations of public health experts.

Sincerely,



Rebecca L. Sherrick, Ph.D.
President