



H1N1 Update as of August 24, 2009

To Sacramento State Campus Community:

Sacramento State is continuing to monitor the activity of the H1N1 influenza virus. As you may know, flu can be spread easily from person to person. Cases of the Novel H1N1 have already appeared on most college campuses including ours. Fortunately, the vast majority of cases are mild. This strain does appear to be more frequent in children and young adults. We expect to see more cases this fall, consistent with what is happening in all communities. Therefore, we are taking steps to prevent the spread of flu at Sacramento State.

Sacramento State has emergency plans in place to address a wide-range of campus issues including health concerns. A campus task force on pandemic flu has been meeting regularly and is working closely with the Sacramento County public health department to monitor flu conditions in our area and make decisions about the best steps to take concerning our institution. We will continue to 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 some recommendations to help you stay healthy:

- **Wash hands frequently** with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners also are effective.
- **Cover your cough** 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.** Symptoms may include fever, cough, runny nose, sore throat, extreme tiredness, headache and body aches.
- **Stay home if you have flu or flu-like illness for at least 24 hours** after you no longer have a fever (100 degrees Fahrenheit) without the use of fever-reducing medications (any medicine that contains ibuprofen or acetaminophen). Don't go to class or work.

- **Get vaccinated for seasonal flu and/or H1N1 as recommended.** Student Health Services will be offering the seasonal flu vaccine in mid-September. Also, if you are at higher risk for flu complications from the 2009 H1N1 flu, you should consider getting the H1N1 vaccine when it becomes available. For more information about vaccine priority groups and dates for availability please visit Student Health Services at www.csus.edu/hlth.
- **Stay informed.** Check the Public Affairs website www.csus.edu/pa/ regularly regarding any news that might affect classes, events, or the university as a whole.

For more information, the following campus offices may be contacted should you have any questions.

- Student Health Services: 916-278-6461
- Office of Risk Management Services: 916-278-7233
- Housing and Residential Life: 916-278-6655
- Human Resources: 916-278-6078
- Academic Affairs: 916-278-6331
- Student Affairs: 916-278-6060

Thank you for your continued efforts to keep all members of the Sacramento State campus community healthy.