



TO: UNH Manchester students, faculty and staff
FROM: Kristin Woolever, Dean
SUBJECT: H1N1 flue – Swine Flu
DATE: September 15, 2009

The flu season is here and will last through the fall and winter. More than one kind of flu virus will be spreading this season, including seasonal flu and the 2009 H1N1 flu. UNH Manchester's existing academic and safety policies and procedures will guide us through any needed response to a flu outbreak on our campus.

As you may know, flu can be spread easily from person to person. Therefore, we are taking steps to prevent the spread of flu, **but, we need your help to accomplish this.**

First, we encourage all students, faculty, and staff to follow these recommendations to stay healthy.

- **Practice good hand hygiene** by washing your hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective. Hand-cleaner dispensers have been placed throughout the building for your use.
- **Cover 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.
- **Know the signs and symptoms of the flu.** A fever is a temperature taken with a thermometer that is equal to or greater than 100 degrees Fahrenheit or 38 degrees Celsius. Look for possible signs of fever: if the person feels very warm, has a flushed appearance, or is 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** (100 degrees Fahrenheit or 38 degrees Celsius) or signs of a fever (have chills, feel very warm, have a flushed appearance, or are sweating). 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 providers 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 (such as asthma, heart disease, or diabetes). For more information about priority groups for vaccination, visit www.cdc.gov/h1n1flu/vaccination/acip.htm.

Second, we will continue to monitor the flu situation as it develops and will keep you informed by email, Blackboard, and web announcements of any changes. **At this time, students, faculty, and staff who are NOT sick can safely come to class and to work. We are working closely with the Manchester Health Department and UNH Health Services and will keep you updated with any important information regarding the current flu conditions.**

Please refer to the contact numbers and sites below for specific information:

- For additional information about UNH's response to the flu, please contact Gary Sears, Security Services Supervisor, at 641-4101.
- For information about academic policies and procedures, please contact Dan Reagan, Associate Dean, at 641-4131.
- For school closing information, please call the School Information Line at 603-641-4100.
- To register for phone and text alerts, <https://alert.unh.edu>.
- For more information about flu, call 1-800-CDC-INFO or visit www.flu.gov.

KW

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