



MEMORANDUM

TO: All Students

FROM: J. Patrick O'Brien
President/CEO

DATE: September 9, 2009

SUBJECT: H1N1 Flu Season

As we enter what is expected to be a very active flu season, it is imperative that everyone is diligent in managing its impact. As I am sure you know, flu can be spread easily from person to person. Therefore, we are taking steps to minimize the spread of flu at West Texas A&M University, **but we need your help to accomplish this.**

First, if you have significant fever and body ache, you may have the flu, so please seek medical attention immediately (the first 24 to 48 hours is critical for diagnosis and treatment). Student Medical Services (806-651-3287) is located in **Room #104 of the Virgil Henson Activities Center (VHAC).**

We are working closely with the state of Texas to monitor flu conditions and make decisions about the best steps to take concerning our institution. Over the next couple of weeks, we will provide to you information as to the steps we are taking. We will keep you updated with new information as it becomes available. In the meantime, please see the attached reminder.

For now, we are doing everything we can to keep our institution operating as usual. Here are a few things you can do to help:

- **Practice good hand hygiene** by washing your hands with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners also are effective.
- **Practice respiratory etiquette** 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**, including body aches and a significant fever. Look for possible signs of fever: if you feel very warm, have a flushed appearance, or are sweating or shivering.
- **Stay home or in your residence hall room if you have flu or flu-like symptoms for at least 24 hours after you no longer have a fever** (100 degrees Fahrenheit or 38 degrees Celsius with signs of a fever including: having chills, feeling very warm, having a flushed appearance, or sweating). This should be determined without the use of fever-reducing medications (any medicine that contains ibuprofen or acetaminophen). Severe symptoms may also include cough, sore throat, shortness of breath, chest pain, rapid respirations, cyanosis (bluish skin color), vomiting, diarrhea, or dizziness.
- **Talk with Student Medical Services or your health care provider about both the seasonal and H1N1 vaccinations. You should get both vaccines when they become 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.

As we approach this flu season we are following guidelines set by the Centers for Disease Control and the Texas Department of State Health Services, and are working closely with the local Bi-City, Bi-County Health Department to monitor flu conditions and make decisions concerning our institution. You can find the latest information as it pertains to WTAMU at www.wtamu.edu/flu. To access the most up-to-date information on the flu, visit www.texasflu.org, www.flu.gov, or call 1-800-232-4636.

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