



August 27, 2009

To all ETSU Students, Faculty, and Staff:

As students, faculty, and staff prepare for the fall semester, it is appropriate that we provide current information and recommendations regarding Influenza H1N1 (swine flu).

The state of Tennessee, including the northeast region, has experienced cases involving the new H1N1 influenza strain. We are anticipating more cases in addition to illness caused by the usual influenza strains in the coming months.

In this regard, it is important that we implement appropriate preparedness and response measures should influenza occur on campus.

For the most part, in otherwise healthy individuals, the new H1N1 influenza strain has resulted in illness similar to the usual seasonal influenza. Symptoms include fever, cough, sore throat, body aches, nasal congestion, headache, and nausea. The virus is spread from person to person with the highest number of cases reported among people in the 5 to 24 year age group. The infection rate is much lower in persons over 50 years of age.

The Centers for Disease Control and Prevention (CDC) has offered the following advice for staying healthy:

- When you are ill, STAY HOME FROM WORK OR SCHOOL and limit contact with others.
- Wash your hands often with soap and water or an alcohol based hand sanitizer especially after you cough or sneeze.
- Cover your nose and mouth with a tissue when you cough or sneeze and toss the tissue into the trash.
- Try to avoid close contact with sick people.
- Limit the spread of germs by trying not to touch your eyes, nose and mouth, particularly when you are ill.
- Contact your healthcare provider or Student Health Service if you become ill with an influenza-like illness.

As a part of ETSU's Influenza Preparedness Plan, specific faculty, staff, and administrators communicate regularly to update the university's position on addressing influenza. We maintain open contact with colleagues at the Regional Health Department, and we endorse the CDC advisory statement (<http://www.cdc.gov/h1n1flu/institutions/guidance/>).

Waterless hand cleansing agents are being made available in student housing settings and other major gathering areas on campus. Student Health Service is available to evaluate students with influenza-like illness and will offer the standard influenza vaccine this fall. In addition, Student Health Service will offer a specific H1N1 vaccine should this become available in the near future. All students, faculty, and staff will be eligible for the vaccine following CDC guidance.

The ETSU Safety website has additional information and resources regarding H1N1. The website is updated on a regular basis and can be accessed at: <https://www.etsu.edu/safety/>.

We extend best wishes to students, faculty, and staff as we begin the fall semester.

Sincerely,

Paul E. Stanton, Jr.
President