



ESSEX COUNTY COLLEGE

Office of the Executive Vice President & Provost

H1N1 ('SWINE') FLU INFORMATION

Dear Students, Faculty, and Staff:

Essex County College is working closely with all appropriate city, county and state agencies to monitor H1N1 flu conditions and to make the best decisions concerning our institution. We are taking steps to prevent the spread of H1N1 at Essex County College and will keep you updated with information as it becomes available to us.

For now, we are doing everything we can to keep our institution operating as usual. Attached to this correspondence is a fact sheet outlining the most pertinent information concerning the H1N1 flu as well as the safety precautions all of us need to follow.

Here are a few things you can do to help:

Wash your hands with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners also are effective and are located throughout the Newark and West Essex campuses.

Use tissues when you cough or sneeze. If you don't have tissues, cough or sneeze into your elbow or shoulder, not into your hands. Avoid touching your eyes, nose, or mouth because germs are spread this way.

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 the flu or a flu-like illness for at least 24 hours after you no longer have a fever. This should be determined without the use of fever-reducing medications (any medicine that contains ibuprofen or acetaminophen). Do **not** 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.

For the most up-to-date information, visit www.flu.gov, or call 1-800-CDC-INFO (232-4636).

We will notify you by email of any additional changes to our college's strategy to prevent the spread of the H1N1 flu on our campuses.

Sincerely,

Vernell Patrick
Executive Vice President/Provost