To: The Colby-Sawyer Community  
From: Jackie Webb,  
        Director, Baird Health and Counseling Center  
Date: May 5, 2009  
Subject: Update on H1N1 (Swine) Flu  

In the spirit of keeping our college community healthy and well, we continue to monitor the outbreak of the H1N1 flu virus, with the assistance of New Hampshire Department of Health and Human Services and the Center for Disease Control (CDC). To date there have been no cases of the virus among any of our Colby-Sawyer Community members -- faculty, staff or students.  Nevertheless, it is important to keep students, faculty, and staff informed about the issue and about basic steps we all can take to protect our own health and the health of those around us.

Some reminders for our community members:

- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect from getting them sick too.
- Symptoms of the flu include the following:
  - Fever
  - Nausea
  - Cough
  - Body Aches
  - Headache
  - Sore throat

Students experiencing these symptoms should call Baird Health & Counseling at (603) 526-3621 for further evaluation. Employees who think they might have the flu should stay home and call their own primary care providers.

- If a member of your family is ill with the flu, please contact your provider regarding testing and management. Please stay at home until you receive medical clearance that you are not contagious. If you do experience flu symptoms, please also notify the Baird Health and Counseling Center at (603) 526-3621.
- Remember to wash hands frequently and thoroughly. It's especially important to wash hands after coughing, sneezing, or blowing one's nose into a tissue, after using the bathroom, before eating, before preparing food and after handling uncooked meat and poultry, and after changing diapers. When you wash, rub hands together to make a lather, and continue rubbing hands for 15-20 seconds. Need a timer? Imagine singing "Happy Birthday" twice through to a friend.
- Use of hand sanitizer is encouraged when soap and water are not available. There are several dispensers throughout the campus.
- Cover your cough. 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 upper sleeve, not your hands. Put your used tissue in the waste basket.
- Avoid touching your eyes, nose or mouth.
- Practice good healthy habits. Get plenty of sleep, stay well hydrated, manage your stress, be physically active and eat nutritious food.
- If you are planning to travel please be prepared. Visit www.cdc.gov/travel before traveling for more information.
For more information please visit the following websites:

New Hampshire Department of Health and Human Services (NHDHHS)
http://www.dhhs.state.nh.us/DHHS/DHHS_SITE/swineflu.htm

The U.S. Centers for Disease Control (CDC)
http://www.cdc.gov/swineflu/

World Health Organization (WHO)

Colby-Sawyer College Health Alert Web page on H1H1 Flu