

Dear Multnomah Students,

Welcome to a new academic year and greetings from the Student Services Department and the Wellness Center! Undoubtedly, you have heard the media coverage of the H1N1 (Swine) Flu and perhaps you know that college campuses could be a prime breeding ground for the illness, given our student population and close community living arrangements. Because of on-going questions and concerns regarding the H1N1 virus, we want to bring you up-to-date on the university's response as we move into fall semester.

We have created a website where important resources, announcements, and preventative recommendations will be posted: www.multnomah.edu/goto/h1n1.

We are also working closely with the Multnomah County Health Department to monitor flu conditions and make decisions about the best steps to take on our campus. In accordance with governmental distribution priorities and as supply becomes available to us, we are planning to administer the H1N1 influenza vaccine in the Wellness Center this fall. In addition, we are initiating an educational campaign to help members of our community avoid becoming ill. Should they become ill with the flu, we are making contingency plans to provide resources to assist them and reduce the spread of the flu.

Each of us plays an important role in keeping our campus healthy. Careless health hygiene can result in spreading illness to others, and we need your help. You can take three important steps to reduce the spread of flu, colds and other illnesses:

- Protect yourself and others by washing your hands often with soap and water; or use alcohol-based hand cleaner.
- Cover your mouth with something other than your hand when you cough or sneeze.
- If you are sick, stay home. Contact your health care provider or the Wellness Center (251-6685) and avoid public places where others will be exposed to your illness.

You may have the flu if you have fever or chills AND a cough or sore throat. Symptoms may also include a runny nose, body aches, headache, tiredness, diarrhea or vomiting. If you think you have the flu, stay home except to get medical care.

We will notify you by email or through the web site of any changes to MU's strategy to prevent the spread of flu on our campus. If you have any questions about your health or Multnomah's response plan, please contact our Wellness Center by phone at 251-6685 or via email at nurse@multnomah.edu.

Praying for a healthy fall and winter for our communities,

Matt

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