

Greetings All,

I hope the start of your semester is going well. I am writing to share some important information regarding the H1N1 virus.

As I'm sure you are aware, the novel H1N1 pandemic flu is widespread in the United States. The Centers for Disease Control (CDC) reports the majority of cases are mild. At this point, the H1N1 virus appears no more severe than the seasonal flu, although H1N1 does seem to be more frequent in children and young adults.

Cases of H1N1 have already appeared on many college campuses, and we anticipate both H1N1 flu and seasonal flu at Christopher Newport University (CNU). We ask every member of the CNU community to follow the current CDC guidelines to prevent and reduce the spread of illness.

### **Prevention and Preparation Guidelines**

- **Recognize flu symptoms:**
  - rapid onset of a fever (greater than 100 degrees)
  - body aches
  - headache
  - cough
  - sore throat
  - possible vomiting and/or diarrhea
- **Flu spreads through close contact with someone who has the virus.** Infected people may be spreading the flu before they show any symptoms. Symptoms normally appear one to three days after being infected.
- **Wash your hands often** with soap and water, or use alcohol-based hand cleaners especially after coughing or sneezing. Since the flu virus remains viable on hard surfaces, clean frequently with antiseptic wipes or cleaners.
- Avoid touching your eyes, mouth or nose before washing your hands.
- Cover your mouth and nose with your elbow or use tissues when coughing or sneezing. Remember to wash after coughing or sneezing. Throw all tissues in the trash.
- Don't share food, drinks or utensils.
- Build a good first-aid and flu care kit now:
  - thermometer
  - over-the-counter pain and fever-reducing medications (ibuprofen, acetaminophen, etc.)
  - cough suppressants
  - salt for gargling
  - hand sanitizer

- bleach wipes
  - medical mask
  - Band-Aids
  - tissues
  - tea bags
  - bouillon cubes
  - crackers
  - sports drinks or water
- **Get vaccinated against flu.** [Seasonal flu vaccine will be available](#) through clinics on campus in September and October. The CDC reports the H1N1 vaccine is expected to become available to the Virginia Department of Health sometime in October. Those with chronic medical conditions are considered at higher risk for complications from the flu and are encouraged to consult with their health-care provider about getting both the seasonal and H1N1 vaccine.
  - **If you experience flu-like symptoms** stay home or in your residence hall room (self isolate). Don't go to class or work; don't return until you are fever-free for at least 24 hours without fever-reducing medication. Unless other health conditions indicate potential complications from the flu, the majority of individuals will not need to seek medical treatment.

CNU has emergency plans in place to address campus incidents and health concerns. On the CNU homepage you will find a link to [cnualert.info](http://cnualert.info), the emergency website that serves as the University's primary method of communication regarding emergencies, weather and health alerts. There you can register to receive e-mails and text messages when emergency conditions exist on campus. Please review the emergency notification protocols at <http://cnualert.info/levels.htm>.

Our emergency response team, which includes members from Student Affairs, Academic Affairs, Public Affairs, Department of Public Safety, Health Services and others, receives regular information from the CDC and the Virginia Department of Health. The Peninsula Health Department, which is monitoring local flu conditions, provides CNU with information to help us make informed decisions.

For current information visit [www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu) and <http://cnualert.info>.

Take care of yourselves. Thanks for a great start to the semester.

Best wishes,

Kevin

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Dean of Students