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**From:** Hogan, Jennifer  
**Sent:** Friday, August 28, 2009 1:57 PM  
**To:** Student Users; Student Workers  
**Cc:** Lane, Mike  
**Subject:** Influenza at UM-Flint this fall

**Dear students & parents of students:**

The start of the academic year at the University of Michigan – Flint is always an exciting time, whether you are coming to campus for the first time or returning for one final year.

As a parent, there are many things to think about and, no doubt, one of them is keeping your son or daughter healthy.

That's why we are writing to both students and parents to share important information about the H1N1 strain of flu (formerly called swine flu). The University has prepared throughout the summer to address what public health officials expect to be an increase in the number of cases this fall as students return to classes at the university and across the country.

**We are requesting the following actions be taken by students:**

- If you are sick with the flu before coming to campus for the start of classes, please wait until you are fever free for 24 hours before arriving. Please e-mail the Vice Chancellor for Student Services to advise us that you will be arriving late ([maryjoss@umflint.edu](mailto:maryjoss@umflint.edu)). Your residence hall housing assignment will be secure and the Vice Chancellor for Student Services Office will notify academic advisers about any absences.
- If you get sick during the term please stay home (in your residence hall room or apartment), away from class and other public areas, until you are fever free for 24 hours. Your instructors are being asked to be flexible in their approach to student absences because of the flu. This self-isolation will give your body time to recuperate and will help prevent the spread of the flu.
- If you must miss class, please contact your instructors directly to request an accommodation. In addition, please also notify your academic adviser. If this is not possible, you may contact the Vice Chancellor for Student Services Office for assistance.
- Please share this information with your parents if they do not receive university e-mails.

**How will you know if you have the flu?**

The U.S. Centers for Disease Control and Prevention defines flu-like illness this way: A fever of 100.4F or greater, plus a cough or sore throat and possibly other symptoms like runny nose, body aches, headaches, chills, fatigue, vomiting or diarrhea. Fever is a key factor.

## **Where do you go to get help if you are sick with the flu on campus?**

You may not need to see a physician if your symptoms are mild. When in doubt, contact your family physician. If you do not have a family physician identified feel free to call the Urban Health and Wellness Center (our campus health clinic located at the WSW Building) at 810-424-5269 during business hours. The majority of people who become ill are getting mild to moderate cases of the flu and are recovering fully in a week or less, without any medical intervention.

For ill students staying in their residence hall rooms, the university will make arrangements to provide food to them in their rooms. Residence hall staff will be checking on students regularly and provide information on transportation options to the clinic, if it becomes necessary.

## **What else do you need to know?**

- The best way to stay healthy is to wash your hands regularly for 20 seconds with soap and water, cough or sneeze into your sleeve, and to keep your hands away from your face. Hand sanitizers are also effective if soap and water are not available.
- Students through age 24 will be among the first to be offered the opportunity to get the H1N1 vaccine at no charge as soon as it is available later this fall. The UM-Flint Urban Health and Wellness Center will be coordinating on campus vaccination clinics this fall with the Genesee County Health Department.
- Following CDC guidelines the our campus health clinic medical staff will not be prescribing the antiviral medication Tamiflu unless there is an underlying health condition (severe asthma, diabetes, HIV disease, immune deficiency) the individual is considered high risk (pregnant or over age 65), or the individual should be treated for other reasons.
- Hand sanitizer will be more available in the common areas of campus buildings and facilities this year.
- Residential students living on or near campus may consider bringing additional supplies ("flu kit") such as a non mercury thermometer, fever reducing medication, cough syrup, throat lozenges, hand sanitizer, disinfectant wipes, any other medication that you may be currently taking and anticipate needing, tissues, and extra fluids to drink,
- You may e-mail additional questions to [fluquestions@umflint.edu](mailto:fluquestions@umflint.edu). We will do our best to provide answers or point you toward the appropriate resources.

Those of us working on H1N1 preparedness pledge to do our best to keep students healthy and safe and to keep parents informed.

As developments warrant, you can expect additional e-mail messages. We also have developed several Web pages with links to the latest advice from medical experts at the

University of Michigan and from agencies like the Center for Disease Control and the World Health Organization.

**Vahid Lotfi**  
**Interim Provost and Vice Chancellor for Academic Affairs**

**Mary Jo Sekelsky**  
**Vice Chancellor for Student Affairs**

**Robert A. Winfield, M.D.**  
**University of Michigan Chief Health Officer**

**Additional resources:**

UM-Flint Information regarding H1N1:  
<http://www.umflint.edu/emergency/>

Information on the UM response to the flu:  
<http://www.vpcomm.umich.edu/pa/key/flu-H1N1.html>

Genesee County Health Department  
<http://www.gchd.us/HotTopics/H1N1Flu.asp>

Vice Chancellor for Student Services:  
<http://www.umflint.edu/ssem/>

Urban Health and Wellness Center (our campus health clinic located in the WSW Building)  
<http://www.umflint.edu/uhwc/index.htm>

Flu-related questions are welcome at this e-mail address:  
[fluquestions@umflint.edu](mailto:fluquestions@umflint.edu)

Information on the flu from U.S. health officials:  
[www.cdc.gov/h1n1flu/](http://www.cdc.gov/h1n1flu/)

CDC recommendations for colleges and universities:  
<http://www.cdc.gov/h1n1flu/institutions/guidance/>