

Dear Washington College Student:

Before you return to campus this fall, we wanted to update you on several important issues related to our efforts to minimize the chances of a serious flu outbreak on campus. We are asking for your assistance in ensuring that you and all students remain as healthy as possible in the coming months.

Please be aware that as more information is made available from federal and local agencies (like the Center for Disease Control), the College may change its flu related recommendations or procedures.

What we ask you to do: As an added precaution, the College's Office of Health Services requests that you:

- *Screen* yourself for symptoms before returning to school. Students with a temperature of 100 degrees or greater and any one of the following symptoms — sore throat, cough, headache, fatigue, chills, body aches, vomiting and diarrhea — should remain at home until they have been fever-free without the use of any medications for 24 hours.
- *Bring* back to campus over-the-counter medicines, sports drink (such as Gatorade) and canned soups to have on hand in the event of illness. A personal health kit should include Tylenol, Mucinex, cough medicine and a decongestant, along with a thermometer, Kleenex and Purell or other alcohol-based hand sanitizer.

Please note: students who display flu-like symptoms will be advised to return home while the illness runs its course! Under certain conditions, the College may also require a student to return home until being symptom-free without the use of any medications for 24 hours.

Students who display flu-like symptoms with a temperature during the academic year should contact Health Services by phone promptly and will be advised to return home until they are fever-free without the use of any medication for 24 hours. At a minimum, they will be instructed not to attend classes, participate in activities or go to the dining hall until they are fever-free without the use of any medications for 24 hours. For students diagnosed with flu (a fever of 100 degrees or more along with other symptoms), who are unable to return home, the College will make arrangements to deliver meals to those who live on campus and are on the meal plan.

Faculty will make every effort to help students keep up with their classes if they must miss class because they have the flu or flu-like symptoms. For example, course material may be available on Blackboard and faculty may be willing to accept work via email. Students should check with their professors about the professor's specific policies on absences and plans for making their course accessible to students who are ill.

What we're doing: Hand-sanitizer dispensers have been installed in highly trafficked areas of buildings throughout campus. Flu-prevention literature has been posted on campus as well as on our web site at <http://health.washcoll.edu>. Key personnel on the College's staff have undergone

training and are coordinating efforts with Kent County's public health officials to forestall a flu epidemic.

Washington College will be offering seasonal flu shots on campus early this fall and all students are encouraged to get a flu shot either on campus or from your health care provider. When it becomes available, the H1N1 vaccine will also be offered according to the priority guidelines established by the Center for Disease Control.

Fortunately, except in cases where there is a preexisting medical condition, most confirmed cases of H1N1 flu have been about the same in severity and duration as regular flu, usually lasting about three to seven days. As with any type of flu, prevention is the key to staying well: wash hands frequently; avoid close physical contact with people displaying symptoms; maintain a reasonable distance (3-6 feet) when conversing; when sneezing or coughing, turn away from others and do so into a tissue or upper arm and wash hands afterwards.

Register for WAC Alerts: Because it is a new virus, the H1N1 virus is expected to affect young, healthy people and schools more than established flu viruses. Washington College has had one confirmed case of H1N1 virus, when a summer camper became ill in July. We will monitor the H1N1 situation throughout the coming semester, and will keep you apprised through our Web site and our new instant messaging system, WAC Alerts. You may register family phone numbers or e-mail addresses in WAC Alerts so that you will also receive alerts. To register for WAC Alerts, students should visit the Log In page (<http://www.washcoll.edu/login/>) and click on the WAC Alerts link under "Students." You will need to log in using your Washington College user name (i.e., jsmith2) and password.

A letter containing this information has been sent to the parents or guardians of all Washington College students and I encourage you have a discussion with your parent or guardian about making preparations should you develop flu-like symptoms while you are here on campus. If you have any specific concerns, please contact the Office of Student Affairs.

In the meantime, best wishes for the remaining weeks of summer and we look forward to seeing you on campus very soon!

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