



September 15, 2009

Dear Residential Community:

We are excited about the opening of the 2009-2010 academic year and hope that everything is going as you expected. If not, please know that we are more than happy to assist in responding to your concerns. I am certain you have noticed that the Nazareth Community has been giving much consideration to developing and refining plans for our campus in response to a possible outbreak of the H1N1 influenza. As you know from the media, several colleges and universities have been hit with outbreaks.

We encourage you to discuss how your family will respond if you become ill with influenza-like illness (ILI). At Nazareth, we feel that:

- For most students, the best place to recuperate will be at home with parents and family
- We are asking the ill student to wear a mask and self isolate until a family member arrives to pick you up
- We understand that it may not be possible for all students to go home in which case we will have instructions for you to isolate yourself in your room or assist in finding an alternative site on campus to house you until 24 hours after your fever has subsided.

Students experiencing influenza-like symptoms should not attend class or participate in any campus activity. An influenza-like illness (ILI) is defined as a combination of fever with either cough or sore throat; it may also involve runny nose, extreme fatigue and body aches. If you experience any of these symptoms, please contact Health Services by phone at 389-2500. Please consult the Student Health Services Website (http://www.naz.edu/dept/health_services/#flu) for more information on self-care and frequently updated information on H1N1. **If you think you may have the flu, please fill out the Residential Life Flu Form that is on our website which alerts us to your particular needs and call Health Services at the number listed above.**

Health Services has already given a list of items that you should have brought with you to campus. We want to reiterate that in case of an influenza outbreak, you should have the following:

- Electronic Thermometer for your personal use ONLY
- Alcohol based hand sanitizer
- A small bottle of pain/fever reliever of your choice (Ibuprofen/Acetaminophen)
- Throat lozenges and cough drops
- Tissues
- Non-perishable foods and bottled water

It is important to familiarize yourself with prevention information. Complacency often leads to being unprepared. We appreciate your support of our residence hall plans and cooperation with community health protocols being followed by Nazareth College. Be well.

Sincerely,

Joan Anderson

Director of Residential Life

Flyers Fighting the Flu

WHAT IS A FLU BUDDY?

As you know, Nazareth College Health Service is encouraging all students to be cognizant of the symptoms of Influenza Like Illness (ILI). The first line of defense is that we are asking students within a three hour radius of the campus to go home until you have not had a fever for 24 hours without the use of fever-reducing medicines.

- We suggest that students immediately identify 2-3 “**Flu Buddies**” to assist them in case of an outbreak. A **Flu Buddy** is simply someone you can call if you get sick, someone who will then check on you periodically and make sure you have the medicine and food you need.
- A Flu Buddy should also be prepared to call for medical help if your condition deteriorates.
- In an effort to be proactive, Residential Life is suggesting that you think of a few people and approach them now about being your designated **Flu Buddy**. The English Proverb is true: “It is better to have and not need than to need and not have.” So today, talk with family, friends, roommates and hall mates and figure out how you might help each other in case of an outbreak of H1N1 or the seasonal flu on campus.
- We all need to establish a safety net, not just for when we are ill, but also for when we are well. This is one of the tenets of the Nazareth Community, we care for each other; we encourage and support each other; and we share the vision of community of learners who inspire dedication to the ideal of service to their communities. We strive to make a difference in our own world and the world around us.

Residential Life has developed this form to help you get started so let's help the **Flyers Fight the Flu!**

* Please return the section below to your RA by October 2nd – we will keep this on file for you!

MY FLU BUDDY DETAILS

My Name: _____

My Building/Room: _____

My Phone Number: (_____)_____

Buddy Name	Buddy Building/Room	Buddy Phone Number