

Dear UW-Whitewater Parent or Guardian,

Because H1N1 has persisted throughout the summer, especially among young people, UW-Whitewater officials prepared for the possibility that flu cases would surface soon after students arrived on campus. Recently, every student received an e-mail describing the precautions he or she could take to safeguard his or her own health and help limit the spread of disease on campus.

As anticipated, we have begun receiving reports on campus about students who have influenza symptoms. These students have gone home to recover or were taking proper self-isolation precautions. We want students to think about measures they can take that may cut down their risk of getting sick and what to do if they should become ill. These communications can be found by links from the UW-Whitewater Web site at www.uww.edu

- We are stressing to all students, faculty, and other employees that they are expected to stay home from class and work while they have influenza symptoms. They should return only when they have been fever-free for 24 hours without the use of fever-reducing medications.
- We encourage basic precautions such as frequent hand washing and keeping hands away from the face to decrease transmission of the virus. The virus is deactivated on surfaces by the usual household disinfectant products.
- We encourage student to refrain from sharing food, beverages, towels and other items.

We ask your assistance by talking with your student and:

1. Developing a personal influenza plan. Most students who develop flu symptoms will not need to see a medical provider. The student can isolate herself or himself and use over-the-counter medication for fever and other flu symptoms. Some additional plans that you can discuss are:

- Is there someone who could pick up the student and take him or her home to recuperate? (Students should not travel by public transportation if ill.)
- If the student stays in Whitewater and does not live in the residence halls, is there someone who could bring groceries and supplies to his or her door, if needed?
- Does the student have enough funds to miss work for a week?

2. For students with medical conditions such as asthma or other chronic pulmonary disease, cancer, cardiovascular disease, diabetes, pregnancy, weakened immune system, or kidney, liver, blood, or neurological disorder, contacting their health care provider now to get instructions for caring for them if they have close contact with someone with influenza or develop influenza symptoms.

3. Encouraging your student to get his or her seasonal influenza vaccine. **Seasonal influenza vaccine clinics at UHCS (University Health and Counseling Service) are Sept. 22 for those with high-risk medical conditions and Sept. 23 for everyone. Cost is \$15.** And encourage them to watch for notification about availability of H1N1 vaccine from UHCS (expected in late October or early November).

We will continue to provide H1N1 information on the UW-Whitewater Web site at www.uww.edu.

Sincerely,

Chancellor Richard J. Telfer