

Aloha to UH Hilo students, staff and faculty:

The start of our fall semester here at UH Hilo brings together students from a wide geographic area and it is likely that we will experience a number of influenza cases, including influenza A (H1N1), also known as the "swine flu."

We want to share the latest information on what UH Hilo is doing – and what each of you should do - to decrease the number of illnesses and lessen their impact on carrying out our daily learning, teaching, research, and service activities. Information, including a copy of this release can be found at our UH Hilo Flu Information page (<http://www.uhh.hawaii.edu/uhh/ehso/FluInformation.php>)

The Centers for Disease Control and Prevention (CDC) is predicting an increase in influenza activity this fall because of the current H1N1 outbreak trends in our community and elsewhere. UH Hilo has plans in place to minimize the impact on faculty, staff, and students and operations should a large outbreak occur on campus. We will do everything we can to keep operating as usual; however, we need your support to accomplish this.

Here are a few things you can do to help:

- **PRACTICE GOOD HAND HYGIENE** by washing your hands with soap and water, especially after coughing or sneezing. Hand-sanitizing stations are being installed at several UH Hilo buildings, residential and dining halls, and other gathering places. We encourage you to use them frequently.
- **PRACTICE RESPIRATORY ETIQUETTE** by covering your mouth and nose with a tissue when you cough or sneeze. Discard the tissue after it has been used. Avoid touching your eyes, nose or mouth. Germs spread this way.
- **KNOW THE SIGNS AND SYMPTOMS OF THE FLU.** Fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. The vast majority of individuals who contract the flu will have mild illness and will recover without medical treatment. If you're suffering from severe symptoms, contact a health care provider.
- **STAY HOME (OR IN YOUR RESIDENCE HALL ROOM) IF YOU HAVE FLU** or flu-like illness for at least 24 hours after you no longer have a fever (100 degrees Fahrenheit or 38 degrees Celsius or greater) or signs of a fever (chills, feel warm to the touch, flushed appearance or sweating). Limit contact with others to keep from infecting them. Stay home or self-isolate yourself. Don't go to class or work. Professors will work with ill students to complete appropriate assignments, tests, etc. There will not be penalties for missing class because of illness with the flu.
- **GET VACCINATED FOR THE SEASONAL FLU.** The University Student Health Services is offering SEASONAL flu vaccines to UH students, faculty and

staff and they are also available from personal physicians. Consult with a health care provider if you're uncertain about whether to receive a vaccine. Vaccinations will be available on Mondays and Wednesdays from 8am -12pm beginning September 21st for students only (Faculty and staff will be notified when vaccinations are available). There is no cost for students; however, faculty and staff may be charged \$15, which may be covered by your participating insurance. Please check with the front desk receptionist regarding your insurance coverage.

For UH students, the flu shot is given on a walk-in basis, Mondays and Wednesdays from 8am to 12pm. For more information go to:

<http://www.uhh.hawaii.edu/studentaffairs/health/>

- GET UP-TO-DATE INFORMATION ON THE H1N1 (SWINE FLU) VACCINE, especially if you are in the priority group. The seasonal flu vaccine is unlikely to provide protection against 2009 H1N1 influenza. Supplies of the H1N1 vaccine are expected to be limited when they become available later in the fall, so priority will be given to high-risk groups – at the Hilo campus the largest high-risk group is persons under the age of 25 years. For information about priority groups for vaccination, visit:
www.cdc.gov/h1n1flu/vaccination/acip.htm

We will update you on the latest news and information as it becomes available. Campus plans of action will be implemented as appropriate in the event that there is a significant increase in the number of people who become ill with influenza. For more information about flu in our community and our UH Hilo Response Plan, visit:

<http://www.uhh.hawaii.edu/uhh/ehso/FluInformation.php>

In the meantime, we encourage you to take the proper steps to stay healthy as we begin this academic year.

More information resources:

- UHH Student Health Services (974-7636) or
<http://www.uhh.hawaii.edu/studentaffairs/health/>
- UHH Environmental Health & Safety Office (933-3300) or
<http://www.uhh.hawaii.edu/uhh/ehso/>
- State Health Department – call 1-866-7675044 for the latest flu information or go to <http://hawaii.gov/health/>
- Centers for Disease Control's 24-hour hotline - 800-CDC-INFO (800-232-4636) or <http://www.cdc.gov/h1n1flu/>