

Julie Fenning - Employee Pandemic Planning Update #2

From: Julie Fenning
To: EGF Employees; TRF Employees
Date: 9/21/2009 9:27 AM
Subject: Employee Pandemic Planning Update #2

As you are aware cases of 2009 H1N1 influenza infections continue to occur in the state of Minnesota. Northland continues to work with the MN Department of Health to take steps to help prevent the spread of the H1N1 influenza.

Health officials are concerned about two types of flu, the seasonal flu and the 2009 H1N1. Symptoms of both types are similar. However, the H1N1 appears to be affecting young adults more than the seasonal flu does. At this time, no H1N1 cases have been identified at Northland Community & Technical College.

PREVENTION

- * Talk with your health care provider if you are at higher risk for complications from flu.
- * Get the seasonal flu vaccine. Northland's flu clinic has been scheduled for **Monday, October 12, 7:00 - 9:00 AM (EGF Room 115) and Tuesday, October 13, 7:00 - 10:00 AM (TRF Room 545)**. The flu vaccine is also available at medical clinics and other advertised area locations. Follow this link for additional state locations <http://www.mmb.state.mn.us/flu>.
- * Consider getting the H1N1 vaccine when it becomes available. Details regarding the availability of this vaccine will be announced when more information is available.
- * Cover your mouth and nose with a tissue when you cough or sneeze, and toss the tissue in a wastebasket. Cover coughs or sneezes using your elbow or shoulder instead of your hands when a tissue is not available.
- * Wash your hands often with soap and water, especially after coughing or sneezing.

The following supplies will be available for employees on Monday, September 21, latex free gloves, sanitizing wipes, and hand sanitizer in a dispenser in the following locations: EGF Reprographics room, TRF Mail room, Airport Employee lounge.

Masks will be reserved for future use for special circumstances.

In high traffic areas, maintenance staff will disinfect door knobs, counters, and tables daily, including general classrooms. Due to staffing levels, faculty will need to assist in program specific areas such as lab and shop areas. Products will be available in the bookstore which employees are able to charge to their departmental cost center.

Employees will be responsible to disinfect personal offices, door knobs, counter tops, telephone, and computer. Products will be available in the bookstore.

IF YOU BECOME ILL

* Monitor your health by checking for symptoms of flu. Symptoms of the flu include fever over 100.4, chills, cough, sore throat, nasal congestion, vomiting and/or diarrhea.

* Stay home or go home if you're sick. Stay home until 24 hours after the last signs of a fever. If you are sick and are unable to report to work, be sure to notify your supervisor.

UP-TO-DATE FLU INFORMATION

Visit Northland's website at www.northlandcollege.edu/pandemic for more information. You'll find information on flu symptoms, when to seek medical care, underlying medical problems and helpful links.

We will continue to keep you updated on all flu related announcements.

Thank you.

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