

## Julie Fenning - Student Pandemic Update #2

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**From:** Julie Fenning  
**To:** EGF Students; TRF Students  
**Date:** 9/21/2009 9:28 AM  
**Subject:** Student Pandemic Update #2  
**CC:** EGF Employees; TRF Employees

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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. The flu vaccine is available at medical clinics and other advertised area locations.
- \* 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. Alcohol-based hand cleaners are available at various locations around campus. Personal-size hand sanitizer is available for purchase in the Bookstore.
- \* Frequently clean personal living quarters. Northland staff will be cleaning and disinfecting commonly used surfaces such as doorknobs, remote controls, computer keyboards, counter tops, and bathroom areas on campus.
- \* Consider getting the H1N1 vaccine when it becomes available.

### **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 can't attend classes, email your instructors letting them know.

## **UP-TO-DATE FLU INFORMATION**

Visit Northland's website at [www.northlandcollege.edu/pandemic](http://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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