

**From:** Julie Fenning  
**To:** EGF Students; TRF Students  
**CC:** EGF Employees; TRF Employees  
**Date:** 10/20/2009 8:29 AM  
**Subject:** Student Pandemic Update #3  
**Attachments:** Be Ready - FAQs.pdf

The Department of Health has labeled Minnesota with the "widespread" classification for the H1N1 influenza. I have received three self-reported cases of H1N1 to date. The flu season is expected to last through the fall, winter, and early spring. This time it is predicted that seasonal flu viruses and the 2009 H1N1 flu virus will be affecting Minnesota citizens at the same time. It is critical that we all take measures to minimize the spread of these flu viruses.

**What should you be doing?** *(See attachment for Frequently Asked Questions regarding H1N1)*

- \* Get Vaccinated (both seasonal flu and when the H1N1 becomes available)

Information about availability of H1N1 vaccine and how/when/where vaccination clinics will be handled will be posted on the BeReadyMN website as it becomes known. <http://www.bereadymn.com>.

- \* Contact your medical doctor if you are at high risk for complications for the H1N1 flu and plan for emergency treatment options. High risk candidates include pregnant women and people with chronic medical conditions such as asthma, heart disease, or diabetes.
- \* Continue to practice good hand hygiene and respiratory etiquette (hand sanitizer is available around campus and in the Bookstores).
- \* Increase personal social distancing to 6 feet when possible.
- \* If you are sick with flu-like symptoms (fever equal to or greater than 100.4°F and a sore throat or cough), you should stay home for 24 hours after your fever is gone. PLEASE NOTE: Your instructor may ask you to go home if you have obvious symptoms of influenza.
- \* If you have flu-like symptoms, remember to send an email to your instructors, letting them know that you are ill and that you'll be remaining at home until you are fever-free for 24 hours. Keep copies of your email messages for your records.
- \* Return to class and other activities when you're fever-free for 24 hours without the use of medications like Tylenol and Ibuprofen.
- \* Report any "confirmed" cases of H1N1 to me as soon as possible. Currently only the people at high risk for complications and those hospitalized with severe flu symptoms are being tested.

We will continue to post updates on Northland's website [www.northlandcollege.edu/pandemic](http://www.northlandcollege.edu/pandemic).

Thank you.

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