

## Lopez, Michelle M

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**From:** Campus Activities  
**Sent:** Monday, August 31, 2009 7:35 PM  
**Subject:** Important H1N1 Information - Please Read Updated Message

**Importance:** High

Please review this updated version of a similar message you received earlier today. There are important updates included. Thank you.

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Student Organization Presidents and Advisors:

The Campus Activities and Student Organizations staff from the LBJ Student Center welcomes you back and has some important updates for you regarding H1N1. In late spring, the H1N1 virus was circulating, and information was distributed throughout campus about how to prevent spreading the virus. As we have returned to campus this fall, we are experiencing some incidents of the H1N1 virus, again. We want to be sure that we are preparing you and your organization's members on ways to prevent the spread of H1N1.

### Prevention

- Persons who develop a flu-like illness should stay home until fever-free for 24 hours.
- Persons who become ill should avoid with other people as much as possible.
- Persons who become ill should avoid contact
- Cover your mouth and nose with tissue or your arm sleeve when coughing or sneezing. Use the tissue only once then discard.
- Wash your hands often with soap and water, especially before touching your eyes, nose or mouth.
- Get vaccinated for seasonal influenza.
- Get vaccinated for H1N1 Influenza when the vaccine is available.

### Symptoms

- If you develop a flu-like illness (fever, cough, sore throat, body aches, headache, nausea, vomiting), you should self-isolate and stay away from others until well and fever-free for at least 24 hours without the aid of medication.
- If you live in a residence hall, or other group living situation, you should go home and not return to campus until well and fever-free for 24 hours without the aid of medication.
- Contact the Student Health Center (512-245-2167) or your private doctor for self-care advice or an appointment.
- If you develop a flu-like illness and have a medical condition such as pregnancy, diabetes, asthma, lung disease, heart disease or a suppressed immune system, then you should seek medical attention since you would be at higher risk for complications from the flu.
- If you develop the flu, notify persons that you spend a lot of time with, such as a roommate or significant other, to let them know that they may have been exposed to the flu so that they can monitor their health for signs of the flu.
- Contact the Student Health Center at 245-2167 to let us know if you have been diagnosed with the flu so that we can determine if we need to take any other measures to help your organization stop the spread of the flu.
- If you are a non-Greek student organization, please also phone Campus Activities and Student Organizations at 245-3219 to notify Michelle López or Earl Moseley, if you have members with flu-like symptoms. If you are a Greek student organization, please also contact Michelle López or Pete Isaac at 245-3219.
- Encourage each other to follow these recommendations and **Do Your Part to prevent the flu.**

### Meetings & Activities

The most important thing you can do as a student leader is to ask that all of your members do their part in preventing the flu. Please ask members who are attending a meeting or organizational event to stay home if they are experiencing

flu-like symptoms. We also ask that you review the events you are holding this year to determine how you can incorporate prevention measures to limit the spread of H1N1 flu. This may mean, but is not limited to, not shaking hands, limiting other close contact with members, having hand sanitizer available at your meetings/events, providing tissues, etc. It also means that you distribute food and drinks by using gloves rather than having members and guests serve themselves. Please be mindful of these precautions and any food handling guidelines distributed to you with your Solicitation Permit, when vending (or purchasing) food in the Quad.

### **Organization's Prevention Plan**

If you have a fraternity or sorority house, you may need to begin thinking about whether or not there will be a room for someone who is sick, made available, so that they can isolate themselves, while they are ill. If not, are you isolating members, case by case, such as asking roommates to move out? What is the plan?

If you are a student organization that is not a fraternity or sorority with a house, do you have a plan to make sure your members have food and someone is checking on them, while they are ill? How will you do this?

### **Futher information available on the Texas State Home Page**

[http://www.txstate.edu/news/news\\_releases/news\\_archive/2009/08/InfluenzaUpdate082009.html](http://www.txstate.edu/news/news_releases/news_archive/2009/08/InfluenzaUpdate082009.html)

We recognize that this is a lot of information at one time. Texas State administrators hold our students' health as the number one priority at this time, and will continue to monitor the H1N1 cases, as they relate to student organizations. By **doing your part to prevent the flu**, you diminish the possibilities of an outbreak, which help minimizes the need to delay or cancel student organization activities.

Please feel free to contact us if you have any questions at 245-3219 or [campusactivities@txstate.edu](mailto:campusactivities@txstate.edu).

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