

Dear Northwood parents,

As both a university president and parent, I have been following the media reports about the rise of H1N1 or Swine Flu. We are taking steps to prevent an outbreak of flu at Northwood University but, because flu can spread very quickly, we need your help.

Here are a few things you can do to keep yourself and others healthy:

- **Practice good hand hygiene** by washing your hands with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners also are effective.
- **Practice respiratory etiquette** by covering your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder, not into your hands. Avoid touching your eyes, nose, or mouth; germs are spread this way.
- **Know the signs and symptoms of the flu.** A fever is a temperature taken with a thermometer that is equal to or greater than 100 degrees Fahrenheit or 38 degrees Celsius. Look for possible signs of fever—if the person feels very warm, has a flushed appearance, or is sweating or shivering.
- **Stay home 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 signs of a fever (have chills, feel very warm, have a flushed appearance, or are sweating). This should be determined without the use of fever-reducing medications (any medicine that contains ibuprofen or acetaminophen). Don't go to class or work.
- **Talk with your health care providers about whether you should be vaccinated for seasonal flu.** Also if you are at higher risk for flu complications from 2009 H1N1 flu, you should consider getting the H1N1 vaccine when it becomes available. People at higher risk for 2009 H1N1 flu complications include pregnant women and people with chronic medical conditions (such as asthma, heart disease, or diabetes). For more information about priority groups for vaccination, visit [www.cdc.gov/h1n1flu/vaccination/acip.htm](http://www.cdc.gov/h1n1flu/vaccination/acip.htm).

If this year's flu season becomes more severe, we may take the following additional steps to prevent the spread of the virus:

- **Allow students, faculty, and staff at higher risk for complications to stay home.** These students, faculty, and staff should make this decision in consultation with their health care provider.
- **Find ways to increase social distances** (the space between people) in classrooms such as moving desks farther apart, leaving empty seats between students, holding outdoor classes, and using distance-learning methods.

- **Extend the time sick students, faculty, or staff stay home or in their residence.** During severe flu conditions sick people should stay home for at least seven days, even if they feel better sooner. Those who are still sick after seven days should continue to stay home until at least 24 hours after symptoms have gone away. Symptoms of flu include fever or chills *and* cough or sore throat. In addition, symptoms of flu can include runny nose, body aches, headache, tiredness, diarrhea, or vomiting.
- **Suspend classes.** This decision will be made together with local and state public health officials. The length of time classes should be suspended will depend on the goal of suspending classes as well as the severity and extent of illness.

We are working closely with county and state health departments to monitor flu conditions and make decisions about the best steps to take concerning our institution. We will keep you updated with new information as it becomes available to us.

For more information about what our institution is doing, visit [www.northwood.edu](http://www.northwood.edu) or call your campus provost's office.

Students participating in study abroad experiences may want to monitor the Center for Disease Control's website, [www.cdc.gov/travel](http://www.cdc.gov/travel), for travelers' information.

For the most up-to-date information on flu, visit [www.flu.gov](http://www.flu.gov), or call 1-800-CDC-INFO (232-4636).

In the meantime, as has been said many times, an ounce of prevention is worth a pound of cure. While we all must take responsibility for our personal defenses against H1N1, here at the university level we will do everything in our power to protect the health and well-being of our students, faculty, and staff. If you have any questions or concerns about this or any other topic, please feel free to contact me at [president@northwood.edu](mailto:president@northwood.edu) or by phone at 989.837-4203.

Sincerely,

Keith A. Pretty  
President and CEO  
Northwood University