

To: Returning Students
From: Philip Winger, Vice President for Student Life
Re: Important information for returning to campus

H1N1 “Swine Flu” Precautions

On June 11, 2009, the World Health Organization declared the H1N1 flu strain a global pandemic. In efforts to protect you and the entire Susquehanna University community, all students and staff should abide by the following rules:

- **Any person having a sore throat, nasal congestion or bad cough AND a temperature greater than 100 degrees (F) should not come on campus.** This includes registration, pre-season athletics, and orientation activities.
- **A person with these symptoms should not report to campus until 24 hours after resolution of fever (without the use of fever-reducing medicine).**
- If you do not have symptoms, but have had contact with anyone showing flu-like symptoms in the past 7 days, please report that to the Health Center staff as soon as you arrive on campus.
- If you begin to experience any of these symptoms please report them to the Health Center staff immediately.

What can you do to minimize the risk of acquiring or spreading the H1N1 virus?

Hand washing is the single most effective way to prevent becoming ill and to reduce the transmission of germs. The following list describes some additional habits that will help minimize your risk of becoming sick.

1. Wash hands for 20 seconds with warm, soapy water or use instant hand sanitizer;
2. Wash hands before touching eyes, nose, or mouth;
3. Cough or sneeze into elbow or tissue;
4. Get adequate sleep every night (7–9 hours);
5. Do not share cups, makeup, eating utensils, lip balm, or water bottles with anyone who is sick;
6. Get your seasonal flu vaccine;
7. Stay home until feeling better, if you are sick.

For additional resources and up-to-date information, please see Susquehanna’s H1N1 Flu Information site.

Susquehanna's Emergency Notification System

- We encourage you to register for Susquehanna's Short Message Service (SMS), which will enable the University to alert campus subscribers of an emergency within seconds. To receive an alert, you must subscribe to the service by going to SMS registration. Alerts will be sent to subscribers' cell phones in a text message. Subscribers may also request that messages be delivered via e-mail or to a second cell phone address.
- Your subscription will be used exclusively for emergency notification. There is no subscription fee; however, you may incur charges for receiving these text messages, depending on your phone plan.

We look forward to your return and to a productive and fulfilling year. If for any reason your plans to return have changed, please contact the Registrar's Office at 570-372-4109.