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Division of Student Affairs  
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Dear Students,

As we welcome you back to campus for a new academic year, we want to share information with you relative to the H1N1 influenza. Although no confirmed cases have been reported at Westfield State College, cases have been occurring at schools and on college campuses since last spring and we expect to see more cases this fall consistent with what is happening in public communities. We are taking steps to prevent the spread of flu at Westfield. We are working closely with the Massachusetts Department of Public Health to monitor flu conditions and make decisions about the best steps to take for our community. The college has emergency plans in place to address wide ranging campus issues and health concerns. We participate in the City's Local Emergency Planning Committee and receive daily emergency notifications from the Center for Disease Control and Prevention (CDC).

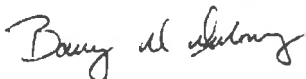
The most effective means of combating H1N1 is through practicing good prevention. We need your assistance in implementing these prevention measures. Here are a few things you can do to help yourself and the campus community at large:

- **Practice good prevention measures** by washing your hands with soap and water, especially after coughing or sneezing. Cover 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. We recommend that you purchase items such as hand sanitizer, a thermometer, ibuprofen or acetaminophen to help prevent and treat flu symptoms should they occur.
- **Know the signs and symptoms of the flu.** Flu symptoms include sore throat, cough, body aches, and fever. A fever is a temperature taken with a thermometer that is equal to or greater than 100 degrees Fahrenheit. Look for possible signs of fever: if you feel warm or have a flushed appearance, or are sweating or shivering.
- **Students who experience flu-like symptoms including fever should stay home and not go to class or work.**
  - Call Health Services by phone (572-5415). You should not leave your room until a phone evaluation is completed. If you need immediate assistance after hours, contact Public Safety at 572-5262.

- For residence hall students in particular, the College does not have the ability to provide isolated beds. Therefore, we recommend that you plan to go home while you are ill and recovering.
- If you are at home with the flu, please contact your professors to inform them of your absence.
- Should you miss class for more than three days, contact the Dean of Students Office (572-5421) and a faculty notice will be sent out on your behalf. Faculty will work with students to make-up work as possible; however, a long term absence may result in a recommendation for a course withdrawal.
- You should not return to class or work until 24 hours after you no longer have a fever or signs of fever. (This should be determined without the use of fever reducing medications.)
- **Talk with your health care providers about whether you should be vaccinated for seasonal flu.** 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). The Federal Government and the State Department of Public Health will designate groups to receive the H1N1 vaccine when it is available. *Seasonal* flu vaccination clinics are scheduled on campus for Thursday, November 5<sup>th</sup> from 2PM to 7PM in Scanlon Banquet Hall and Thursday, November 19<sup>th</sup> from 1PM to 3PM. The cost for influenza vaccine is \$20. Meningitis Vaccine will also be available at these clinics for the cost of \$120. Students at greater risk due to medical conditions should inform Health Service staff.

The college will continue to monitor daily the developments of H1N1 working with the City and State Health Departments. Recommendations regarding changes or cancellations of classes or campus activities on the basis of any flu outbreak will be determined by the college president with guidance from the college's emergency committee and Department of Public Health. Cancellation decisions and updates on the flu situation will be communicated to faculty, students and staff through email and other communications. You can also read more about H1N1 information at the Center for Disease Control's website at: [www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu)

Thank you for your efforts to keep our Westfield State College family in good health. Although we cannot eliminate the spread of H1N1 virus, our collective efforts can significantly minimize its reach and overall impact. Remember that prevention measures are your best protection. We wish you a healthy and successful fall semester.



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Vice President, Student Affairs



Patricia Berube RN  
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