

September 24, 2009

Dear SCCC Student,

According to the Centers for Disease Control and Prevention (CDC) “CDC has determined that 2009 H1N1 virus is contagious and is spreading from human to human. Spread of 2009 H1N1 virus is thought to occur in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing by people with influenza.”

The signs and symptoms of this virus include: “Fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. A significant number of people who have been infected with this virus also have reported diarrhea and vomiting.”

“Illness with the new H1N1 virus has ranged from mild to severe. While most people who have been sick have recovered without needing medical treatment, hospitalizations and deaths from infection with this virus have occurred.

If you have symptoms you should **seek immediate treatment** and we recommend the following:

1. Stay home. While we appreciate your commitment we do not want you to spread the virus germs to others.

2. Notify your faculty that you will be out either via ANGEL, e-mail or by the phone. Contact information for all faculty can be found on the SCCC Website at www.sunysccc.edu under "Directory". When you call in we would appreciate if you let us know you have flu-like symptoms or if you are caring for a family member with flu-like symptoms. While you are not required to stipulate the type of illness that you have when you call in, in this particular case it would be extremely helpful in knowing the exact number of students out as a result of the flu.

According to the CDC “people infected with seasonal and 2009 H1N1 flu shed virus and may be able to infect others from 1 day before getting sick to 5 to 7 days after. This can be longer in some people, especially children and people with weakened immune systems and in people infected with the new H1N1 virus.”

You are considered not contagious when you are fever free without the assistance of any medication (e.g. Tylenol) for a period of 24 hours. The typical time period for the swine flu is 1 to 7 days.

The CDC recommends that you take these everyday steps to protect your health:

Cover your nose and mouth and a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

- Wash your hands often with soap and water, especially after you cough or sneeze.
- Alcohol-based hand cleaners are also effective. (You will find these all around campus.)
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for necessities. (Your fever should be gone without the use of fever-reducing medicine) Keep away from others as much as possible to keep from making others sick.

Thank you for taking care of yourself while modeling good, healthy behaviors for others. I am wishing you and your families good health.

Sincerely,

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