



TO: All Students
FROM: Mr. Larry Hardesty, VP of Student Life and Learning
SUBJECT: H1N1 Update/Vaccination Opportunity
DATE: October 30, 2009

Please take the time to carefully read the following memo. Content will include:

- A general update regarding H1N1 flu on campus
- The precautions to follow in order to stave off illness
- A reminder of the process for reporting self-isolation for flu-like illness with fever over 100 degrees
- Notification the College will soon be conducting a free H1N1 flu vaccination clinic for students

Update:

For years the College Health Center has participated in flu surveillance for the PA Department of Health. As a result of this relationship health center staff have been able to submit a limited sample of student influenza tests to the state laboratory to determine the presence and, where applicable, type of influenza. Early tests done this semester returned negative for influenza. The three most recent have returned positive for Influenza A, H1N1, with those involved having followed the College's self-isolation policy, recovered and returned to class. Two additional students report they have been diagnosed with H1N1 by their home physicians. Three tests have been submitted this week and are still pending.

These results should remind us that the flu season is upon us and we must work together to prevent widespread illness. The College has added hand sanitizing stations in public buildings and soap and paper towel dispensers to the common bathrooms in our residence halls. However, hand-washing, proper cough and cold etiquette, and self-isolation when experiencing flu-like symptoms still remain the essential steps you can take to ensure the well being of our community.

Avoiding the flu:

The best way to avoid the spread of the H1N1 flu is to alter personal behavior in the following ways:

- Wash your hands frequently with soap and water for 20 seconds or use an alcohol-based hand cleaner if soap and water are not available. Be sure to wash your hands after coughing, sneezing, or blowing your nose.
- Cover your coughs and sneezes with a tissue, or cough and sneeze into your elbow. Dispose of tissues in no-touch trash receptacles.
- Avoid touching your nose, mouth, and eyes.
- Maintain a healthy lifestyle through rest, diet, exercise, and relaxation.
- Follow the protocol below:

Self-isolate:

If you are sick with flu-like illness and a fever of 100 degrees or higher we ask that you isolate yourself in your room or, **if at all possible, at home**. Please also use the MyGCC portlet found at the top of the Student page to:

- Notify the Zerbe Health and Wellness Center
- Notify your RD, if applicable, of your self-isolation status on campus or at home
- Request meal delivery if self-isolating on campus
- Initiate a Provost's excuse for your classes until you **return** to the portlet to inform the College your temperature has subsided for 24 hours

Please be reminded all missed class work, assignments and exams must be completed as soon as possible following your illness and you are responsible for working through these details with your individual professors.

Vaccination:

The State Department of Health recently notified the College we had been selected as a site for the administration of the H1N1 vaccine for our students. Yesterday 900 doses of injectable vaccine arrived at the College and we began preparation for vaccine administration clinics anticipated to begin Wednesday, November 4, 2009. Additional details regarding these vaccination clinics will be sent by email early next week. Please encourage friends who do not regularly check their email to do so.

Attached are a number of documents you are encouraged to review and share with your family in advance of these clinics. We strongly urge you to discuss this matter with your parents and to review the information found at <http://www.cdc.gov/H1N1FLU/> before determining whether to take advantage of this opportunity.

Those desiring to receive the vaccine should print and complete their portions of the attached documents on the day they go for vaccination. At this time we anticipate students should allow up to one hour for the vaccination process.

Additional doses will be sought as needed, although we cannot guarantee we will receive them.

Special circumstances:

Those with chronic medical conditions such as **Asthma, Diabetes, Cystic Fibrosis, Immunosuppression** from medications or certain illnesses, and other **chronic medical conditions** and **those who are pregnant** may be at increased risk for flu complications and will be given priority. Students with such conditions are encouraged to discuss this vaccination with their personal health provider and to **contact Mrs. Amy Pagano, Director of the Zerbe Health Center** (if they have not already done so) at extension 2064 or by email at aepagano@gcc.edu to make arrangements to receive the vaccine.

Thank you in advance for your continued diligence!