

Dear Residence Hall Student:

Monroe Community College is proactively addressing issues related to the H1N1 pandemic. We are working with students, staff and faculty to educate them about the H1N1 flu virus, and planning together for safe management during the illness season.

The H1N1 virus is new, so most of us have no immunity. The symptoms are similar to the regular seasonal flu, with fever, chills, headache, body aches, sore throat, cough, and sometimes nausea/vomiting, usually lasting from 3 to 5 days. You have already received an e-mail letter outlining steps you can take to minimize the chance of becoming ill. Please consider receiving the seasonal flu vaccine and the H1N1 vaccine as the vaccines become available on campus in October and November.

Isolation is the primary way to prevent the spread of illness on campus. The Center for Disease Control recommends a period of isolation until there is no fever for 24 hours without the use of anti-fever medications. If you become ill with the flu, you will be required to vacate the residence halls for a period of 5-7 days. You have been asked to identify a family member or friend whom you can contact in case you become ill. Make sure you get plenty of rest so that you can recover. This action will help reduce the exposure of your roommates and suitemates to the virus.

If you have questions, please do not hesitate to contact the office of Health Services (585-292-2018).

Sincerely,

Donna Mueller, RN MS
Director, Health Services

P.S. The e-mail letter referenced above also included important information about class attendance and illness. Please read it carefully and talk with your professors.