



September 5, 2009

Dear Colleagues:

I hope the beginning of the school year has been good to you as we pursue our call and ministry to the students of Concordia University.

I am writing today to offer direction and guidance related to the H1N1 virus and our campus strategies.

Barbara Russell, Director of the Health Center, has gathered a great deal of information and has culled the wheat from the chaff. I have synthesized the most salient points below.

- Symptoms of H1N1 include symptoms ordinarily associated with the flu. If you have a fever, cough, sore throat, body ache, chills and fatigue—all flu-like symptoms, **please stay home from work.**
- The best way of controlling the pandemic effect is to control your own approach to being healthy. Your personal health has a huge impact on those around you. For this reason, if you cough or sneeze, please cover your nose and mouth with your sleeve or tissue; wash your hands often with soap and water or alcohol based hand sanitizers; avoid others with flu-like symptoms; and avoid touching your eyes, nose and mouth.
- **Faculty:** you need to consider how you will face potential week-long absences by students in your classes. This means you will need a system for how ill students can keep current in class without attending class. Please consider supplementing your course with organized and up-to-date WEB-CT sessions and learning tools. You will also need to make the same consideration if you are sick and miss several classes.
- **Coaches:** you will need to reconsider your approach to when students practice and compete. If your athletes have flu-like symptoms, they should stay away from the team until they have no fever and other symptoms have subsided. A team bus is a great place to start an outbreak on your squad.



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- A hallmark of our culture at Concordia University is working hard through adversity—often this includes illness. The H1N1 virus will thrive if we continue to take this approach. **Please stay home if you have flu-like symptoms.**
- If you supervise student workers, please help them to understand all of this information and encourage them not to come into work if they are ill.

For the latest information please refer to the following websites:

www.flu.oregon.gov; www.flu.gov; www.cdc.gov/flu/

My understanding is that most health providers will have the vaccine for H1N1 available in early October. Please strongly consider getting this two-shot vaccine and also the regular flu shot. While we won't have the shots on campus, we will work to get students to clinics to get shots.

We will continue to keep you as informed as possible as new information and campus updates become available.

Thank you for your vigilance and assistance in keeping Concordia as healthy as possible.

In Him,

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