

Dear Students,

As you may know, the [CDC \(Centers for Disease Control\)](#) and other global health organizations are expecting widespread illness resulting from the spread of the [H1N1 influenza virus](#) (also known as swine flu) during the coming flu season. According to the CDC, students of traditional college age (18-24 years old) have been identified as a group particularly vulnerable for susceptibility to the H1N1 virus. At this time, however, it is sensible to prepare for the pandemic flu's effect at [Loyola University New Orleans](#).

In particular, it is important that we do everything we can to limit the impact and spread of the flu on the health and well-being of our community. We encourage you to consider the following issues.

Most people with H1N1 flu experience illness similar to seasonal flu which includes a combination of fever, cough, sore throat, extreme fatigue and/or body aches. We can spread H1N1 flu to each other through direct contact much like that of seasonal flu. This includes spread by person-to-person transmission though shaking hands, coughing or sneezing. According to the CDC, people may become infected by touching objects with flu viruses and then touching their mouth, eyes or nose.

Be mindful and protect yourself by following these CDC recommendations: 1) cover your nose and mouth with a tissue when you cough or sneeze, 2) wash your hands often with soap and water, especially after you cough or sneeze, 3) avoid touching your eyes, nose or mouth, 4) cough or sneeze into your elbow to decrease the likelihood of spreading the flu.

Consider purchasing a supply of soup, liquids such as water or electrolyte drinks, fever reducing medications such as ibuprofen or acetaminophen, and a thermometer just in case you become ill.

[Student Health Services \(SHS\)](#), located on the lower level of the Danna Student Center, is responsible for the prevention, care and treatment of Loyola students exposed to the H1N1 influenza virus. In addition to providing prevention information to students, the university has also distributed hand sanitizers across campus, re-emphasized hand-washing guidelines for everyone in the university community, and stocked supplies of masks, hand sanitizers and kleenex at SHS, which are all available now upon request. The seasonal (regular, non-H1N1) flu vaccine will be available at SHS on Thursday, September 3. In the future, SHS will attempt to secure the H1N1 vaccine as soon as it becomes available for distribution to administer to you.

Students who have flu-like symptoms can be tested for the H1N1 virus on a walk-in basis. Students who are symptomatic and/or test positive for H1N1 will be asked to return to their home and avoid contact with people as much as possible. These students should stay home until they are fever-free for 24 hours without the use of fever-reducing medications.

If returning home is not an option, then we ask that students isolate in their residence hall rooms and remain isolated until they are fever-free for 24 hours without the use of fever-reducing medications as recommended by the CDC. If you test positive for H1N1, a SHS medical staff member will contact you by phone once a day until you are fever-free for 24 hours to ensure follow-up care. In addition, feel free to contact your Resident Assistant by phone to coordinate meal delivery.

Remember to contact your professors promptly if you have to miss class due to illness so appropriate accommodations can be made. If you do become ill, rest as much as possible, drink plenty of fluids and use pain and fever reducers (ibuprofen or acetaminophen) as directed to manage body aches and fever.

Sincerely,

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