



# UNIVERSITY of NEW HAMPSHIRE

August 26, 2009

To the UNH Community:

We write to update you on the University's interventions regarding the H1N1 flu virus (also known as swine flu), formally called "novel H1N1 pandemic influenza" in the medical community.

For many years, UNH has had emergency plans in place to address wide-ranging campus issues and health concerns. We have extended these preparedness efforts in order to respond to the H1N1 pandemic. Our emergency response team receives regular input from the NH Department of Public Health and includes members from Health Services, Student and Academic Services, Academic Affairs, Communication, the UNH Police, and others.

Novel H1N1 pandemic flu is widespread throughout the world. Fortunately, the vast majority of cases are mild and, at this point, the H1N1 virus appears no more virulent or severe than most seasonal flus. This strain does seem to be more frequent in children and young adults because those who are younger than 50 years of age have not yet had contact with a similar type of this virus.

Cases of novel H1N1 have already appeared on most college campuses. We expect to see more cases this fall, consistent with what is happening in public communities. We strongly encourage all members of the UNH community to take the standard precautions adopted during the flu season, and to play an active role in our public health prevention efforts. **We recommend that students who develop a flu-like illness should return home to their permanent residence if they live within a 250-mile driving radius of campus.**

## **Classes and Activities**

Classes and other activities at UNH will open as scheduled this semester. The emergency response team will monitor the campus situation, working with the NH Department of Public Health, and make recommendations regarding changes in or cancellations of campus activities on the basis of any flu outbreak. The President will make any decisions regarding the cancellation of classes. Any such decision will be communicated broadly to faculty, students and staff through email and other methods.

## **Public Health Precautions**

It is important for all faculty, staff, and students to take the following flu/respiratory disease precautions:

- Avoid contact with ill persons
- Cover your nose and mouth when you cough or sneeze
- Throw used tissues in the trash
- Do not share food, drink, or utensils
- Wash your hands with soap and water frequently—particularly after you sneeze—or use an alcohol-based hand gel

As this is not a gastrointestinal viral infection similar to the norovirus, intensive cleaning for food facilities (beyond normal cleaning) is not needed.

## **Treatment and Response**

The majority of individuals who contract this virus will not need to seek a doctor's treatment. Faculty, staff, and students who are ill with flu should remain at home (or in their room) for 24 hours after they are fever-free (and

Office of the Vice President for Student and Academic Services

Thompson Hall 105 Main Street Durham, New Hampshire 03824-3547 603-862-2053 603-862-0232 fax

without medication that would lower temperature). A mild, lingering cough may occur. Barring any other flu symptoms, this cough should not prevent students from returning to class.

If you have been in contact with someone who has the flu, onset of the virus can take up to three days. If you experience any flu symptoms within this time period, please stay home to limit the spread of the virus. If you are pregnant or if you have a chronic medical condition such as diabetes, cancer, asthma, heart or lung problems, or a weakened immune system, you should consult with your physician or Health Services to see if Tamiflu is needed.

#### Medication and Vaccinations

Generally, Tamiflu is prescribed for individuals with flu who are either hospitalized, have a chronic medical condition (as listed above, under Treatment and Response), or have a suppressed immune system. Tamiflu for influenza is not a cure—and only reduces symptoms and decreases length of recovery time by about 24 hours.

The following vaccinations are expected to be available this fall:

- Seasonal Flu Vaccine: The Centers for Disease Control and Prevention recommend that all students get vaccinated for the seasonal flu. This vaccine will be available for students at the annual flu clinic (date(s) to be decided) or at Health Services. More information about this will be available at [unh.edu/health-services](http://unh.edu/health-services) in the near future.
- Novel H1N1 Vaccine: Recent recommendations from the CDC have placed individuals under age 24 in the top priority group for receiving the H1N1 vaccine. More information will be available in the coming weeks regarding how and when this vaccine will be given.

#### Additional Information

More information on the H1N1 flu is available on the following websites:

- Centers for Disease Control, [www.cdc.gov/h1n1flu/qa.htm](http://www.cdc.gov/h1n1flu/qa.htm)
- NH Dept. of Public Health, [www.dhhs.state.nh.us/DIHS/DHHS\\_SITE/swineflu.htm](http://www.dhhs.state.nh.us/DIHS/DHHS_SITE/swineflu.htm)

Student and parents who have questions may contact Health Services: (603) 862-1530 or [healthservices@unh.edu](mailto:healthservices@unh.edu), or the office of the Vice President for Student and Academic Services: (603) 862-2053 or [vpsas@unh.edu](mailto:vpsas@unh.edu).

Thank you for your efforts to keep all members of the UNH community in good health. Although we cannot eliminate the spread of this virus, our collective efforts can significantly minimize its reach and overall impact.

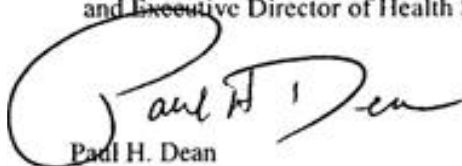
Sincerely,



Kevin E. Charles, D.Ed.  
Assistant Vice President for Student and Academic Services  
and Executive Director of Health Services



Gladi V. Porsche, M.D.  
Medical Director,  
Health Services



Paul H. Dean  
Deputy Chief of Police  
Director of Emergency Management