

Dear Faculty, Staff and Students,

I'd like to provide you with an update about the H1N1 virus on campus. As of this morning, we have had 18 students become ill, and there is one confirmed case of H1N1. The student with the confirmed case has recovered.

As a reminder, it is important for all of us to take individual preventive measures against H1N1. These include:

- Washing your hands frequently
- Avoiding touching your eyes, nose or mouth
- Covering your nose and mouth when you sneeze or cough
- Using hand sanitizer, which has been placed throughout campus

The symptoms of H1N1 are similar to the symptoms of seasonal flu and include:

- Fever (around 102 degrees)
- Cough
- Sore throat
- Body aches
- Headache
- Chills
- Fatigue
- Diarrhea
- Vomiting

If you have symptoms, the College asks that you stay home and keep a distance from others for at least 24 hours after your fever is gone without the use of fever reducing medication.

We will continue to provide periodic updates to the campus community. If you have any questions, please click on the H1N1 link at www.collegeofidaho.edu or contact Libby Burtner, Director of Health Services, at x5200, or me at x5841.

Sincerely,

Paul Bennion