

Subject: Swine Influenza Information and Precautions
To: Cal Poly Faculty, Staff and Students
From: Bob Koob
Provost and Vice President for Academic Affairs
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As you may know, the Centers for Disease Control continue to monitor and report on swine influenza (H1N1).

With more than 19,000 students coming back to campus for fall quarter, we are working hard to ensure that our community receives updated information regarding H1N1 as cold and flu season approaches. The university has created the Cal Poly H1N1 Online Information Center, visit <http://flu.calpoly.edu>.

The campus community, parents and friends of Cal Poly can visit this web site to view campus updates regarding H1N1. You can also link to various external organizations to read comprehensive information and recommendations provided by county, national and international health organizations.

University officials continue to work closely with San Luis Obispo County Public Health Department as we monitor the situation. Consistent with campus plans for outbreak of a contagious disease, we are prepared to take action as needed.

If you have any flu-like symptoms contact or see a doctor for treatment and STAY HOME - for your own well being and the well being of others.

Faculty and staff should notify their appropriate department and/or supervisor regarding sick leave.

Students are encouraged to email or call their professors to notify them that they have flu-like symptoms. Faculty will work closely with students to address medical absences on a case-by-case basis.

Below is information to help you identify swine flu symptoms and take necessary pre-cautions to avoid contracting or spreading the virus. Our goal is to keep the campus community as healthy as possible.

According to the CDC, there are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza.

Take these everyday steps to protect your health:

- Cover your nose and mouth with a tissue when you cough or sneeze.
- Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners* are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Keep away from others as much as possible to keep from making others sick.

Other important actions that you can take are:

- Follow public health advice regarding school closures, avoiding crowds and other social distancing measures.
- Be prepared in case you get sick and need to stay home for a week or so; a supply of over-the-counter medicines, alcohol-based hand rubs,* tissues and other related items might be useful and help avoid the need to make trips out in public while you are sick and contagious

Swine flu symptoms are the same as a regular flu and range from mild to severe:

- Fever
- Cough
- Sore throat
- Body aches
- Headache and
- Chills and fatigue

According to the CDC symptoms of swine flu in people may also include lethargy, loss of appetite and coughing. Some people with swine flu also have reported runny nose, sore throat, nausea, vomiting and diarrhea.

Seek immediate medical care if you have:

- Difficulty breathing or shortness of breath;
- Pain or pressure in the chest or abdomen;
- Confusion;
- Severe or persistent vomiting; or
- Flu-like symptoms improve but then return with fever and worse cough.

We hope you will utilize the new H1N1 Information Center on a regular basis.

Importantly, we hope you enjoy a successful 2009-10 academic year. If you have any questions regarding this email, please contact the Office of the Provost at (805) 756-2186 or academicaffairs@calpoly.edu.