



With the beginning of the academic year under way, North Georgia is beginning to see a few cases of students reporting to Student Health Services with flu-like symptoms. Dr. John Clower, vice president of student affairs, sent the following message via e-mail to students to provide information and instruction about the H1N1 virus.

Dear student,

Welcome back to another year at North Georgia! As you are all aware, the flu season is expected to be particularly hard this year, and we have been making preparations to minimize the effects of the flu on our campus. Many Georgia colleges and universities are already reporting cases of flu in high numbers. Although we have had several cases on our campus, we have fared much better than some other campuses. I want to share some information with you so that you will be armed with the facts about the H1N1 virus and the common seasonal flu.

What we know...

- H1N1 is predicted to infect a high number of individuals in the general population, but the symptoms of H1N1 are proving to be no more severe than the normal seasonal flu.
- The best way to prevent getting any flu is to be mindful of the way in which you contact others. **If you cough or sneeze, cover up!** It is best to do so with the crook of your elbow to avoid getting germs on your hands where they can be easily spread to others. **Wash your hands frequently.** This is proven to reduce infection of yourself as well as others. **Do not share cups or eating utensils.** The flu is typically spread through direct contact to the mouth, nose and eyes.
- The Georgia Department of Health (DoH) is no longer screening all cases for the flu. Select locations are doing so to compile a statistical picture of the scope of infection, but most health care facilities are making diagnoses based only on symptoms.
- The Georgia DoH is recommending social distancing for individuals exhibiting flu-like symptoms.

What we are doing at North Georgia...

- The university is following all guidelines established by the Georgia DoH and the Centers for Disease Control (CDC).
- Student Health Services is the primary point of contact for all students who are not feeling well.
- Students who are exhibiting flu-like symptoms are being instructed to go home until their symptoms subside.
- Hand sanitizer is being provided in all residence halls and in other locations around campus including the SHS self care center.

What responsibilities you have...

- Take all reasonable precautions to minimize the spread of germs. Wash your hands frequently.
- If you are not feeling well, go to Student Health Services. They can help you feel better.
- If you have flu-like symptoms and are instructed to go home...go home! Your professors will be notified and will work with you to make up any work missed. You have a responsibility to yourself to get better, but also to your fellow students to make sure you minimize the chances of spreading the virus to them.

Thanks for taking the time to read this rather lengthy email and for all you will do to help us control the spread of the flu on our campus. I hope you have a great semester...I'll be seeing you around campus.