

Letter sent to Northeastern Students on 9/10/09

Dear Northeastern student,

As we welcome everyone back to campus for the start of a new academic year, University Health and Counseling Services (UHCS) is working closely with city and state public health officials to monitor information and recommendations in regard to the H1N1 virus and seasonal influenza. The University recently relayed these recommendations that center on prevention, communication and isolation, via email to the Northeastern community. The University feels it is important at this time to engage everyone as we refine our influenza plans.

We would like to request that you take time to discuss the following possible actions with your family and friends in the event you experience flu-like symptoms:

1) You should seek further information from the UHCS website at www.northeastern.edu/uhcs .

2) If you are experiencing flu-like symptoms, you should **not attend class** and **should refrain from participating in campus activities**.

3) **Be prepared for possible illness - but keep in mind that most cases of flu-like illness in healthy students are expected to be mild and will not require medical attention.**

- Make a communication plan between you and family.
- Review your medical history in regard to chronic illness and necessary vaccinations with a family member.
- Be sure to have an ample supply of fluids and fever-reducing medications as well as a thermometer.
- For most students, if you have family or friends that are local the best place to recuperate will be off campus with them. The University encourages discussing a transportation plan to travel by private car, as public transportation is not recommended.

4) We understand that it may not be possible for all students to go travel somewhere off campus. We will support students that are unable to leave campus to recuperate from illness. If you experiences flu-like symptoms, or if isolation is recommended, please review the [UHCS website](#) for further instructions.

5) If you have a roommate who is experiencing flu-like symptoms and isolation has been recommended, you should decide if you are comfortable staying in the room or if you will need to find temporary living arrangements. There is further information on the [UHCS website](#) for students seeking temporary arrangements.

6) It is important to remember that H1N1 is just one form of the influenza virus. **We encourage all students to receive both the seasonal flu and the H1N1 vaccines to best protect them against both viruses.** UHCS will be administering the seasonal flu vaccine in the early weeks of the semester. Students may visit the [UHCS website](#) , or check with their RAs on the vaccine schedule on campus. When the H1N1 vaccine becomes available, UHCS will also be administering the vaccine to the student community as recommended by the CDC guidelines.

We appreciate your support as we work to keep our community safe and healthy through the upcoming

flu season. For more detailed information about flu updates and campus plans, we encourage you to review the University Health and Counseling (UHCS) website at www.northeastern.edu/uhrs.

Sincerely,

Madeleine Estabrook

Executive Director, University Health and Counseling Services

www.northeastern.edu/uhrs