

Dear members of the Southern community,

The unseasonably early snowfall that descended on parts of Connecticut in recent days reminds us that winter is on its way and with it, the peak of flu season. Many of you have already taken advantage of the seasonal flu shots that were available at the University Health Center (a small number remain). And we are hopeful that in the coming weeks, Southern will receive its state-allocated stock of vaccine for the H1N1 (swine flu) virus. As soon as Southern's allocation arrives, a distribution schedule will be broadcast campuswide by the University Health Center.

To date, Southern, and indeed the New England region, have been largely spared the influx of H1N1 cases that have been recorded in other parts of the country. Since early September, six of our residential students have gone home as a precautionary measure, after reporting flu-like symptoms to the University Health Center. As of last Wednesday, the state's Department of Public Health's weekly "flu watch" update showed 35 laboratory-confirmed H1N1 cases in Connecticut between August 30 and October 14, 2009. (There were 1,996 cases in the first wave of H1N1 from April to August 29.) But, with the seasonal flu season typically peaking around Christmas, health experts believe that the transmission rate of H1N1 will increase as we move deeper into the fall.

At Southern, our current emphasis remains on preventative measures. As you know, removing yourself from your social setting, isolating yourself from others and practicing good hygiene are the most effective means to inhibit the spread of the H1N1 virus. If incidences of H1N1 escalate on campus, we have a number of strategies available to us that can be quickly enacted, guided by advisories for higher education institutions issued by the Centers for Disease Control and Prevention (CDC). We continue to work closely with the health departments of the State of Connecticut and City of New Haven to monitor flu conditions and make decisions about the best steps to take concerning our university.

As I stated previously, we will be tracking the number of H1N1 cases at Southern to help us assess the potential impact on campus and any resulting measures that may need to be taken. As a reminder:

- \* If you are a member of the faculty or staff and you are at home recovering from H1N1-like symptoms, please remember to call your supervisor and Human Resources Assistant Francesca Poole at 392-5059 or 392-5567.

- \* If you are a student at home recovering from H1N1-like symptoms, you should:

- \* Contact each of your faculty members, via e-mail, to let them know and to make appropriate arrangements for completing any missed academic work, and

- \* Contact the University Health and Wellness Center at 392-8FLU.

- \* If you are a student on campus and you experience flu-like symptoms (such as fever greater than 100 degrees, sore throat, cough, stuffy nose, chills, headache and body ache, fatigue), contact the University Health and Wellness Center at 392-8FLU.

As recommendations are frequently being revised, members of the Southern community are advised to visit [www.southernct.edu/healthservices](http://www.southernct.edu/healthservices) for information

on prevention, self-care, treatment and the status of local and national efforts to address the spread of H1N1.

I will continue to update you as new developments occur. As we advance through the academic year, I urge everyone to employ common sense and take appropriate precautions. By working together and acting responsibly, we can help limit the spread of H1N1 on campus and ensure that everyone has a healthy and educationally productive semester.

Dr. Cheryl J. Norton  
President