



2900 North Menomonee
River Parkway
Milwaukee, Wisconsin
53222-4597
www.mtmary.edu

414-258-4810

Friday, September 4, 2009

Dear Mount Mary College Students, Faculty and Staff:

We hope you are off to a great Fall semester. As the flu season approaches, The Centers for Disease Control and Prevention (CDC) encourage us to be actively involved in healthy, preventive measures.

What you can and should do now:

1. The College will distribute notifications through Daily Announcements and all -College email messages as needed. All H1N1 notifications and updates will be posted on **MyMountMary** and **www.mtmary.edu/flu.htm**. Please ensure you have active Mount Mary email and MyMountMary accounts and check them frequently.
2. **Update emergency contact information.** Make sure appropriate family members and College contacts have the information.
3. **Talk to your health care provider** to find out if you should be vaccinated for seasonal flu and/or 2009 H1N1 flu. Information about 2009 H1N1 flu vaccination can be found at: www.cdc.gov/h1n1flu/vaccination. Information about seasonal flu vaccine can be found at: www.cdc.gov/flu/protect/keyfacts.htm.
4. **Stay informed.** Visit www.flu.gov for the latest information and updates.

In addition, the CDC recommends several ways you may keep from getting sick with the flu:

1. **Practice good hand hygiene** by washing your hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective and will be available throughout Campus.
2. **Cover your mouth and nose with a tissue when you cough or sneeze.** If you don't have a tissue, cough or sneeze into your elbow or shoulder; not into your hands.
3. **Keep your living quarters clean.** If you live together with other students, you should frequently clean commonly-used surfaces such as doorknobs, refrigerator handles, remote controls, computer keyboards, countertops, faucet handles, and bathroom areas. Disinfectant wipes are useful in keeping surfaces clean.

If you have Flu symptoms:

Stay home if you are sick. Students, faculty or staff who live either on or off campus and who have an flu-like illness should self-isolate (stay away from others) in their dorm room or home for at least 24 hours after their fever is gone, except to get medical care if needed or for other necessities.

A fever (100 degrees Fahrenheit or 38 degrees Celsius) or signs of a fever (have chills, feel very warm, have a flushed appearance, or are sweating), should be determined without the use of fever-reducing medications (any medicine that contains ibuprofen or acetaminophen).

Keep away from others as much as possible. This is to keep from making others sick.

The CDC is not currently recommending proactive cancellation or dismissal of classes or other large gatherings. Should large numbers of staff, faculty or students be out with H1N1 influenza, decisions to alter class schedules may be made. All decisions will be made based on direction from the CDC and local public health officials and an assessment of our situation.

If you have questions, please contact Student Affairs, 414-256-1220.

Sincerely,



Dr. Eileen Schwalbach

President