



DIVISION OF STUDENT AFFAIRS

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DAVIS STUDENT HEALTH CENTER

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Dear Parent,

As you may know, the fall is the official start of seasonal influenza in the United States. This year we will be monitoring both seasonal and H1N1 (Swine flu). Since the flu can be easily spread from person to person, we are taking steps to reduce the spread of flu at SUNY Canton and promote a healthy living and learning environment.

We are working closely with the St. Lawrence County Public Health Department and the New York State Health Department to monitor flu conditions and make responsible, informed decisions concerning the health of our students, faculty and staff. When appropriate, we will keep you updated with new information as it becomes available via our Health Center web page at http://www.canton.edu/health_center/

We will be diligent in our attempts to minimize the spread of the flu this season, particularly as it pertains to communicating healthy decisions and habits. Here are a few things you can do to help both yourself and your student to stay healthy:

- **Wash hands** often with soap and water or an alcohol-based hand rub.
- **Do not to share personal items** like drinks, food or unwashed utensils and cover coughs and sneezes with tissues. Cover coughs or sneezes using the elbow, arm or sleeve instead of the hand when a tissue is unavailable.
- **Know the signs and symptoms of the flu.** Symptoms of the flu include fever (100 degrees Fahrenheit, 37.8 degrees Celsius or greater), cough, sore throat, runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea.
- **Stay at home** for at least 24 hours *after* a fever or symptoms of fever, without using fever-reducing drugs. Staying at home with a fever will reduce the number of people who may get infected. For information on taking care of a sick person in your home go to: http://www.cdc.gov/h1n1flu/guidance_homecare.htm
- **Make plans in advance** on what you will do if your student needs to return home if he/she is diagnosed with influenza.

If the flu becomes more severe than normal, we may take additional steps to prevent the spread such as:

- conducting active fever and flu symptom screening of students and staff
- and postponing events, and dismissing students temporarily from college if they become sick.

For more information, visit www.flu.gov, or call 1-800-CDC-INFO for the most current information about the flu. Check our Health Center web page for any additional changes to our College's strategy to prevent the spread of flu.

Sincerely,

Patricia Todd, RN-BC, NP
Director, Davis Health Center