

August 27, 2009

Dear Members of the CMC Community:

I hope this email finds everyone doing well and excited for the new academic year to begin. However, this year, we need to be mindful of one more priority — the potential for a more-active flu season and taking precautions to stay healthy.

As you have seen on the news, health officials have been closely following the progress of H₁N₁ as it has continued to move across the United States and the world. The Centers for Disease Control (CDC) has noted that although H₁N₁ is highly contagious, it is typically no less severe than the common flu, having mild to moderate symptoms. Prevention and keeping healthy are the best tools to fighting the transmission of the H₁N₁ virus and the more common influenza virus.

It is important to know that Claremont McKenna College, along with The Claremont University Consortium (CUC), has preparedness plans in place to guard the health of our students, faculty, and staff. We are closely monitoring developments from key sources of reliable information including the World Health Organization (WHO) and CDC, and we are in close contact with state and local public health officials. Units across CMC's campus—including the CUC Student Health Services, Dean of Students, Dean of Faculty, Human Resources, Campus Facilities, and others—are committed to sharing information in a timely and coordinated manner.

Among the precautions taken:

- Plans are in place regarding patient care.
- CMC's emergency management team meets regularly to review the situation and make recommendations on measured response as needed.
- Campus facilities office and housing offices are providing enhanced cleaning services to rest room facilities, dining areas, computer labs, and residence halls.
- Hand sanitation stations are mounted on the east and west entrances of Collins Dining Hall. We encourage students, faculty, and staff to wash their hands before and when leaving the dining area.
- Campus leaders communicate regularly to review the situation.

All members of the CMC community are asked to take the following precautions to help avoid contact and transmission of this virus:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. If a tissue is not readily available, do the "Dracula" sneeze into your elbow so that germs do not touch your hands.
- Wash your hands frequently with soap and warm water, especially after you cough or sneeze.
- Try to avoid close contact with sick individuals.

- If you are sick or become ill, stay home from work/school and limit contact with others to keep from infecting them. Students who may be ill should notify a Resident Assistant.
- Avoid touching your eyes, nose, and mouth.
- Students residing in residence halls should remove all personal items from the bathrooms. This will allow the housekeeping staff to efficiently and thoroughly clean more surfaces in the bathrooms.

Like the regular seasonal flu, the H₁N₁ strain has been shown to be transmitted directly from person-to-person through coughing or sneezing and by touching contaminated items. This flu cannot be transmitted through the consumption of pork products.

If you develop flu-like symptoms (high fever, cough, runny nose, body aches, nausea, vomiting, or diarrhea), contact your doctor immediately. Students on campus should contact the [CUC Student Health Services](#) (909-621-8222). Faculty and staff should contact their primary-care physician.

The CUC Student Health Services will offer general influenza vaccines in October, and all students, faculty, and staff are encouraged to receive one. A H₁N₁ vaccine is scheduled to be released later this year. Student Health Services will update the student population when the vaccine is available on campus, or you may contact your regular healthcare provider.

CMC has compiled links to important web sites and other useful information. In addition, regular updates will be posted on the CMC Emergency Web Site located at <http://www.claremontmckenna.edu/emergency/>.

- World Health Organization: <http://www.who.int/csr/disease/swineflu/en/index.html>
- Centers for Disease Control: http://www.cdc.gov/swineflu/general_info.htm
- Claremont University Consortium Student Health Services: <http://www.cuc.claremont.edu/shacs/SHS/>
- California Department of Public Health: www.cdph.ca.gov
- Los Angeles County Department of Public Health: www.publichealth.lacounty.gov

Sincerely,

Jefferson Huang
Vice President for Student Affairs