

May 1, 2009

No doubt, you are aware of the current development of swine flu in the United States. The US Centers for Disease Control has activated its emergency operations center to coordinate the agency's emergency response. The CDC's goals are to reduce transmission and illness severity, and provide information to help health care providers, public health officials and the public address the challenges posed by this swine influenza virus. Walsh University takes direction from our local health departments on preventative measures and action regarding the swine flu, based on the CDC guidelines.

As with any illness, if faculty, staff or students are ill with fever, diarrhea or vomiting, they should remain home for at least 24 hours after symptoms have stopped. If the symptoms become severe, you should contact your primary physician for further recommendations. Some people with swine flu have reported runny nose, sore throat, nausea, vomiting and diarrhea. If there is a known contact with someone who has tested positive with swine flu or you have traveled to the areas of confirmed swine flu and later developed flu symptoms, please follow up with your physician for proper care and diagnosis immediately.

Walsh has been taking the following precautions:

Our maintenance staff has been cleaning doorknobs, telephones, restrooms, meeting rooms and high traffic areas with antiviral cleaners on a daily basis.

What You Can Do to Stay Healthy

- Stay informed. The CDC website <http://www.cdc.gov/swineflu/> will be updated regularly as information becomes available.
- Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.
- **Take everyday actions to stay healthy.**
 - Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
 - Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
 - Avoid touching your eyes, nose or mouth. Germs spread that way.
 - Stay home if you get sick. CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.
- Follow public health advice regarding school closures, avoiding crowds and other social distancing measures.
- Develop a family emergency plan as a precaution. This should include storing a two week supply of food, medicines, facemasks, alcohol-based hand rubs and other essential supplies.
- Call 1-800-CDC-INFO for more information.

Walsh University will be working closely with the Stark County Health Department and will be following their guidelines on preventing and treating the flu. We will continue to share any new information with you. The most important preventative measure you can take is to reinforce the actions listed above for staying healthy.