

As you know, there is national concern that the spread of Novel H1N1 influenza will recur this fall, particularly on college campuses as students, faculty and staff settle into the start of the new academic year. We want you to know that Lehman College is taking steps to minimize the threat of Novel H1N1 influenza on campus.

The Lehman College Student Health Center will be sending you emails as necessary to keep you informed about the Novel H1N1 influenza and regular seasonal influenza. We are working closely with CUNY and the New York City Department of Health to monitor flu conditions. We will keep you updated with new information as it becomes available to us. We all need to work together to prevent the spread of flu at Lehman, especially this year. Here are a few things you can do to help:

- Practice and encourage students to use good hand hygiene by washing your hands with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners also are effective.
- In upcoming weeks, the college will be strategically placing hand sanitizer dispensers throughout the campus, with many located in high traffic academic buildings. Please encourage students to utilize the alcohol-based solution while entering or exiting the building.
- Practice and encourage students to use good respiratory etiquette by covering 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. Avoid touching your eyes, nose, or mouth; germs are spread this way.
- Encourage sick students to stay at home if they feel ill or have flu symptoms. They may return to school after they no longer have a fever for at least 24 hours. The temperature should be determined without the use of medication to reduce fever.
- A limited supply of seasonal flu vaccine will be available for faculty and staff at the Health Center in late October/early November. You will receive notice via email, flyers, etc. when it arrives. There will be a \$20 fee.
- H1N1 vaccination: The College has been informed that it will not be a distribution point for the H1N1 vaccine. The list of public distribution sites will be available on the New York City Department of Health web site

For the most up-to-date information on H1N1, visit <http://www.nyc.gov/html/doh/html/flu/flu-pub-h1n1.shtml> or www.flu.gov or call 1-800-CDC-INFO (232-4636). We will continue to provide additional information about H1N1 and seasonal flu by e-mail and the Health Center's web site.

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