

August 24, 2009

Dear Coast Staff:

Greetings! While I am hesitant to begin the semester with talk of the flu, the health and safety of our faculty, staff and students is our top priority as we begin this new semester.

I believe that it is important to update you on the District-wide intervention strategies that have been implemented regarding the H1N1 (Swine flu) virus. As Benjamin Franklin says, "an ounce of prevention is worth a pound of cure." The best strategy for preventing the flu is education and you are an important part of our public health education campaign. I appreciate your cooperation in our efforts to keep our campuses healthy.

***Confirmed Cases on Campus***

*The H1N1 2009 flu virus has continued to spread and is now a global pandemic. Fortunately, because of ongoing public education and health care intervention, the vast majority of cases have been no more virulent or severe than the typical seasonal flu. However, this virus does carry the potential to affect children, young adults and pregnant women more severely.*

***Fight the Flu Campaign***

*Cases of the H1N1 2009 virus have already appeared on our campuses. We expect to see more cases this fall, consistent with what is happening in our communities. The Center for Disease Control (CDC) and the Orange County Health Care Agency (OCHCA) predict this virus may impact campuses with absentee rates up to 30%. Based upon this assessment, the District has developed a "Fight the Flu" campaign that will help provide information to students about staying healthy during this flu season. These materials are available on the District's website at [www.cccd.edu](http://www.cccd.edu).*

By keeping yourselves healthy and encouraging your co-workers and students to do the same, we can minimize the impact of this extraordinary flu season on our campuses. The District office along with your campuses will continue to work closely with our County and State public health centers to keep you abreast of the constant changes occurring with this pandemic.

Thank you for your attention and cooperation. Have a wonderful and healthy semester!

Sincerely,

Ding-Jo H. Currie, Ph.D.  
Interim Chancellor, Coast Community College District

# **Spread the word . . . not the flu!**

## **Health Precautions**

It is important for all faculty, staff, and students to take the following precautions to prevent or slow the spread of the flu virus:

- Avoid contact with ill persons. Stay home if you are ill, and encourage your students to do the same.
- Cover your nose with a tissue when you sneeze. Immediately throw the tissue in a trash receptacle to prevent contamination of other objects.
- Cough into your shirt sleeve.
- Do not share food, drink, or utensils.
- Disinfect your hands with hand sanitizer, and wash your hands frequently with soap and water, particularly after you sneeze or cough.

## **Signs and Symptoms of the Flu**

The H1N1 symptoms are similar to most other flu strains. If you begin experiencing the following symptoms, please stay at home:

- Fever, cough, sore throat, runny/stuffy nose, body aches, headache, chills, and fatigue.
- Some may experience vomiting and diarrhea with or without fever.
- Recovery is generally within 3-5 days. Most people will recover without medical care.



## **Contact with a Sick Person or if You Become Sick**

If you have been in contact with someone who has the flu, the onset of the virus may take up to three days. If you experience any flu symptoms within this time period, please stay home and follow the directions listed below to limit the spread of the virus.

- Stay home and limit contact with healthy family members.
- Do not return to your campus or work location for 24 hours after you are fever-free (without medication that would lower temperature).
- A mild, lingering cough may occur. Barring any other flu symptoms, this cough should not prevent students or employees from returning to class.
- If you are pregnant or if you have a chronic medical condition such as diabetes, cancer, asthma, heart or lung problems, or a weakened immune system, you should consult with your health care provider to see if treatment is needed.
- The majority of individuals who contract this virus will not need to seek a doctor's treatment.

### **Additional Information**

Information including access to posters, fliers and videos are available online.

- Center for Disease Control, [www.cdc.gov/h1n1flu/qa.htm](http://www.cdc.gov/h1n1flu/qa.htm)
- Orange County Health Care Agency <http://ochealthinfo.com/epi/swine/bos/>
- Coast Community College District [www.cccd.edu](http://www.cccd.edu)
- Coastline College [www.coastline.edu](http://www.coastline.edu)
- Golden West College [www.goldenwestcollege.edu](http://www.goldenwestcollege.edu)
- Orange Coast College [www.orangecoastcollege.edu](http://www.orangecoastcollege.edu)

### **Student Health Center Locations**

Coastline Community College – Memorial Prompt Care

Huntington Beach 18561 Beach Blvd., (714) 848-0080

Westminster 15464 Golden West, (714) 891-9008

Golden West College

Student Health Center - (714) 895-8379

On campus, 1<sup>st</sup> Floor, Health Science Building, south side (Edinger) of campus

Orange Coast College

Student Health Center – (714) 432-5808

On campus, north of Watson Hall enrollment center, next to the gymnasium