

August 27, 2009
**H1N1 Fall Semester
Update #2**

Dear LMU Students,

This letter serves as an informational document about how to prepare for the fall semester. It is meant to provide you with guidance about how to assist in the University's efforts to prevent the spread of flu on our campus. ***We need your help to accomplish this goal.***

As mentioned in previous communications, Loyola Marymount University continues to follow global, national, and local health advisories issued through the World Health Organization (WHO), the Center for Disease Control (CDC) and the Los Angeles County Department of Public Health.

Like many college campuses across the nation, we are preparing for the possibility of a significant increase in the number of flu cases this fall. We will keep you updated with new information as it becomes available.

In terms of severity of flu, the H1N1 pandemic flu has been mostly a mild to moderate illness and at this point, it does not appear to be more severe than most cases of seasonal flu. ***However, if you have a chronic medical condition such as asthma, diabetes, cancer, heart, lung and/or an immune system disorder; and/or you are pregnant you may be at greater risk for complications should you have flu or flu like symptoms. Therefore, it is important for you to seek medical advice.***

University business will proceed as scheduled for the fall semester and we will continue to monitor the number of flu cases and severity in accordance with federal and local guidelines. Relatedly, we are doing everything we can to keep our normal business operations, while planning for contingencies should our campus experience an outbreak.

Here are some things you can do to help:

- ***Be familiar with the common signs and symptoms of the flu*** which include fever, cough, headache, runny nose, sore throat and muscle aches. A ***fever*** is a temperature taken with a thermometer that is equal to or greater than 100 degrees Fahrenheit or 38 degrees Celsius. Look for possible signs of fever: if the person feels very warm, has a flushed appearance, or is sweating or shivering. Some people with these symptoms also experience vomiting and diarrhea. The H1N1 Flu may last up to 7 days; however a mild lingering cough may last for several weeks. Most cases of the flu can be managed with rest and fluids. ***Most people with H1N1 flu or flu like illness will not need to seek medical treatment.***
- ***Practice cough etiquette*** by covering your nose and mouth 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 spread this way.

- **Wash your hands often with soap and hot water**, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective. Avoid contact with others who are ill.
- **Stay home (or in your room) if you have flu or flu-like illness for 24 hours after you no longer have a fever** (100 degrees Fahrenheit or 38 degrees Celsius) or have signs of a fever (have chills, feel very warm, have a flushed appearance, or are sweating). Drink plenty of clear liquids to stay hydrated. Get plenty of rest. **Don't go to class or work.** If possible go home by private transportation. Only leave to seek medical attention if needed. If you have been fever-free without the use of fever-reducing medications (any medicine that contains ibuprofen or acetaminophen), you may return to school or work.

Students: Contact your professors regarding your absence. Request guidance about how to complete assignments and remain in good academic standing in the course. Residential students should also let a Residence Life staff member know they are ill.

- Do **not** give aspirin (acetylsalicylic acid) to children or teenagers who have the flu; this can cause a rare but serious illness called Reye's syndrome. For more information about Reye's syndrome, visit the National Institute of Health website at <http://www.nlm.nih.gov/medlineplus/druginfo/meds/a682878.html>.
- **If you have been in contact with someone who has the flu**, please know that onset of the virus can take up to three days. If you experience any flu like symptoms within this period, please stay home to limit the spread of the virus.
- **Seek medical advice if you have flu or flu like symptoms and have**
 - **trouble breathing, or you experience chest pain, skin rash, prolonged vomiting and/or diarrhea (greater than 24 hours; or if you are unable to swallow or keep down fluids, or your fever lasts for more than 3 days**
 - **and/or you have a chronic health condition such as asthma, diabetes, cancer, heart, lung and/or an immune system disorder**
 - **and/or you are pregnant.**
- **Students, before you travel overseas** make yourself aware of the current status of the H1NI virus in your destination country by going to InternationalSOS.com. In some countries, sanitation and hygiene conditions are not up to American standards, nor is the medical care. You should take all of this into consideration before choosing to travel abroad. Also, please be aware that the university reserves the right to cancel any LMU-related trip abroad for the safety and security of our students.

Be prepared! The Student Health Center recommends being prepared at the beginning of the school year by having a few important health supplies at the ready. Therefore, we have developed a preparedness checklist for you to get you started. We encourage you to use it as a guide.

Flu Preparedness Check List:

- Supplies:
 - Medicine for fever, such as ibuprofen acetaminophen (common brands are Advil, Motrin, Tylenol Extra Strength) **unless you are allergic to these medications; do not take aspirin if you are 18 years or younger as this may cause a serious condition known as Reyes Syndrome.**
 - Thermometer
 - Sports drinks containing electrolytes (e.g., Gatorade)
 - Tissues
 - Masks (Ear loop procedure masks. These can be found at any drugstore.)
 - Hand sanitizers, alcohol-based (60-95%)
 - Disinfectant wipes (remember to wipe your computer key board & telephones)

- To Do for Students:
 - Residential Students make an “exit” plan in case you would like to return home or go to a family member/friend’s residence while you recover from the flu or while your roommate is recovering from the flu. It is recommended that if you are sick, you use private transportation (your own vehicle or taxi) to travel to your destination.
 - Be sure to have your insurance card (s) handy in case you need to seek medical care.
 - Be sure to carry your personal and university identification cards.
 - **Talk to your health care provider if you have a chronic health condition such as asthma, diabetes, cancer, heart, lung and/or an immune system disorder and/or you are pregnant.**
 - Be prepared for class. Read your syllabus and talk with your professors about attendance requirements.

- Be educated about the H1N1 flu and vaccines:
 - Pay attention to updates and information about the flu virus on our campus.
 - Pay attention to fall semester vaccine campaigns which will occur on campus during the normal flu season expected in mid-October.
 - Get a regular flu shot in October and your H1N1 flu shot when it becomes available.
 - Visit the H1N1 local, federal and global information sites (see links below).

For more detailed H1N1 and vaccine information please visit:

Los Angeles Department of Public Health web site:

<http://www.publichealth.lacounty.gov/>

Center for Disease Control web site:

<http://www.cdc.gov/h1n1flu/>

World Health Organization web site:

<http://www.who.int/en/>

Please visit the American Psychological Association web site for information on managing anxiety about H1N1 Flu:

<http://www.apahelpcenter.org/articles/article.php?id=194>

Please visit the Student Health Center web page for local medical information:
<http://www.lmu.edu/health>

Should you need after hours care, the healthcare facilities closest to campus are:

Marina Del Rey Hospital (Emergencies)

4650 Lincoln Blvd.
Marina Del Rey, CA 90292
310.823.8911
www.marinahospital.com

Concentra Urgent Care

6033 W Century Boulevard Suite 200
Los Angeles, CA 90045
(310) 215-1600
<http://www.concentraurgentcare.com>

Playa Vista Medical Center

6020 Sea Bluff Drive
Playa Vista, CA 90094
1-310-862-0400
<http://www.pvmedcenter.com>

Department of Public Safety

Emergency Medical Services (EMS)
Loyola Marymount University
Foley Annex
310.338.2893
On campus call: 222

Sincerely,
Lane Bove, Ed.D.
Senior Vice President of Student Affairs