



Office of Student Health Services

Welcome Back,

We are all well aware of the continued spread of the Influenza virus and the continued identification of the Novel Flu (H1N1) virus throughout Western New York and the surrounding area. This virus appears to be spread like other influenza viruses, from person to person mostly when an infected person coughs or sneezes near another person. The spread of this virus appears to be ongoing into the summer months and the Center of Disease Control has projected an increase in identified cases throughout the fall semester.

We are recommending that all students that will reside on campus come prepared with the following supplies so that you will be prepared this fall should you suffer from influenza like symptoms.

- **Supplies: Digital thermometer, cool air humidifier, tissues, hand sanitizer, cough drops, Lysol disinfectant spray, Lysol wipes, packets of chicken noodle soup, crackers, tea bags, Gatorade packets.**
- **Medications: Fever reducing medicine(Motrin or Tylenol), Antihistamine/Decongestant liquid or tablets, Normal Saline nasal spray**
- **Be prepared; know how you will be getting the seasonal influenza flu shot. Niagara University will be hosting a flu shot clinic on October 29, 2009 from 3pm-6:30pm. Visit our health services webpage for more information. We will provide you with information immediately should the Novel H1N1 Influenza A vaccination be available this falls to our students.**

Good respiratory etiquette and hand hygiene is important in preventing the spread of this illness. Avoid touching your eyes, nose or mouth with your hand, germs are spread this way. Cover your nose and mouth with a tissue or sneeze into your sleeve. Throw the tissue in the trash after use, washing your hand thoroughly afterwards. Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol based clears are also effective. Open your windows daily, to allow an exchange of fresh air. Disinfect your room by wiping down all surfaces with Clorox or Lysol wipes daily and when needed. You may also use Lysol spray. Eat a well-balanced diet, drink plenty of liquids, get eight to nine hours of sleep a night, and exercise regularly. Keeping your immune system healthy prevents illness.

Should you become ill please call Health Services at 717-286-8390 to talk with a health care provider. At this time you will receive instructions on which door to check in on upon arrival to health services. If medical assistance is needed after hours or on weekends, please notify your RA or contact campus safety at 8111 from your residence phones or 716-286-8111 from a personal phone. They are available to provide you with immediate medical assistance until emergency personal arrive.

Your health and safety is of our utmost concern. Together we will make a difference.

Sincerely,

Lori A. Soos, RN, BSN
Director of Health Services
Niagara University