

UWF H1N1 FLU ADDITIONAL INFORMATION

The University has provided the following advisory in relation to the swine flu: “The Centers for Disease Control and World Health Organization are no longer tracking specific numbers of swine flu cases. Rather, individuals with flu-like symptoms (fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue) are *presumed* to have H1N1 [whether they do or not], and are being treated accordingly. As the number of cases increases, it is likely that the medical community will encourage individuals to perform self care at home using over the counter medications, and not go to the doctor or other health provider. To date, only a handful of H1N1 cases have been reported among the University community.”

The H1N1 flu has received a lot of media attention because it was originally thought to be deadly. After following the course of this illness for some six months, the CDC and other health agencies now believe that while it is a highly contagious form of flu, its effects are typical of general flu strains. Thus, while it still receives considerable media and institutional attention, for the purposes of this class it should be treated as you would any illness—i.e., with common sense.

- If you are sick you should stay home, rest, and take appropriate medications.
- You should not attend class if you believe you are *contagious* with **any** illness, including H1N1.
- If you have family members who become ill and require your care which results in missing a class, you should care for your family. If you are missing class over an extended period of time due to the flu, please e-mail me as soon as possible so that I am aware of your situation.
- If you are personally experiencing flu-like symptoms (fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, and/or fatigue) you are *presumed* to have H1N1. Please do not come to class and take the chance of infecting others but, be aware, claiming to have had the flu is not a “get out of jail FREE card.” Again, if you are missing class over an extended period of time due to the flu, please e-mail me as soon as possible so that I am aware of your situation.
- To ensure that this or any disease does not spread, cover your nose and mouth when you cough or sneeze, wash your hands often, and use antibacterial hand sanitizers such as Purell or Germ-X. Again use common sense to protect yourself and those around you.
- Missed quizzes and in-class activities cannot be made up.
- If you miss a test for **any** reason, you must contact the Instructor ASAP as per the procedures set forth in the course syllabus.
- If you are unable to return to class within the space of two weeks, you will need to contact the Instructor again to determine if alternative arrangements must be made.

As with all University related information, you need to monitor your UWF e-mail account on a daily basis in order to find out important news about the status of classes whether it relates to the flu, hurricanes, or other matters. Your UWF e-mail account will also be the primary way that I will communicate with you concerning any changes to the course and its schedule.