Dear Northwestern College students and parents,

Many of you in the community are already aware of outbreak of H1N1 Novel Influenza (formerly known as "swine flu") in Mexico and the identification of subsequent cases in several locations in the United States. Be assured that the Northwestern College Emergency Response Team and NWC's health services office are monitoring the outbreak regularly and are prepared to work in conjunction with the Minnesota Department of Health and CDC as needed if a local outbreak does occur.

At this time, due to the uncertainty of the outbreak and in an effort to be alert and minimize any risk within our own community, Northwestern College and Northwestern Media are requesting that students be seen by a health professional or contact Health Services at 651-631-5246 if they are experiencing the following symptoms:

- a fever of 100.5 degrees or greater;
- a cough, sore throat, congestion or runny nose;
- and have had recent travel to or contact with someone who has traveled to any of the following places:
    - Mexico
    - Southern California
    - Guadalupe County, Texas
    - New York City

Students may also report to Health Services during regular hours (posted on the ROCK) on a walk-in basis. In addition, Health Services recommends the following preventative measures to avoid illness:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue away immediately after use.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth as that is how germs are easily spread.
- Try to avoid close contact with sick people as influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.
- **If you do get sick, CDC (and Minnesota state officials) recommend that you stay home from work or school and limit contact with others to keep from infecting them.**

Visit the Center for Disease Control website for more information regarding H1N1 novel influenza and to learn how to protect yourself and others from spreading this virus.

Northwestern College Emergency Response Team

Northwestern College Office of Health Services