

## **\*\*\* Important H1N1 Information for All Students\*\*\***

Dear MCC Student:

Please be aware that there is a new strain of flu expected this year. H1N1 flu is a contagious illness with symptoms that are similar to the symptoms of seasonal flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. If you have these symptoms, stay home, rest, and drink plenty of fluids until the fever subsides. The illness can last 5-7 days. Your doctor can provide you with medication to reduce the symptoms.

Many colleges and universities are already reporting flu-like illness on their campuses. MCC is preparing for the seasonal and H1N1 flu by focusing on prevention and your academic success.

As you begin your classes this semester, we encourage you to carefully check your course information sheet for each class, especially the section on attendance and excused absences. We urge you to “save” your absences and not spend them on non-emergencies. You may need these excused absences to isolate yourself or care for an ill family member should seasonal or H1N1 flu affect your family.

Should you come down with the flu, the normal course of illness will result in a 5-7 day absence (or a calendar week). It is important that you send your faculty member an email if you are ill. If you have a MWF class and the faculty member permits three absences in the course information sheet, that is equivalent to a calendar week. If you have a class that meets once per week, missing one class is equivalent to a calendar week. Students who are parents may need to stay home with sick children. Additional absences for other reasons could put you in jeopardy of exceeding a faculty member’s attendance expectations, so know your faculty members’ attendance policies and use your absences wisely. Again, we urge you to not use absences on non-emergencies.

The impact of being removed from a class for attendance reasons can be far-reaching for students. There could be an impact on your academic progress in your program of study or on your financial aid.

There are many precautions you can take to reduce the spread of the illness:

- Hand washing is still the most effective way to avoid illness.
- Avoid contact with persons who are sneezing or coughing.
- Eat nutritious food, and make sure you get adequate sleep.
- Get a flu shot; it may offer some protection from H1N1 symptoms. Health Services will be offering flu vaccine for students at a cost of \$10 in October.

Please see the attached document for additional health information from the Centers for Disease Control and Prevention. For further information and updates throughout the semester, please check the MCC Health Services [website](#) and the [Student Tribune](#).

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