

September 2, 2009

Dear University Community,

We would like to update you on how the University is preparing for the H1N1 flu virus pandemic (also known as swine flu). As a reminder, regular updates are posted on Pacific's website at [www.pacific.edu/flu](http://www.pacific.edu/flu). For many years, Pacific has had emergency plans in place to address wide-ranging campus issues, including threats to campus health. We have expanded these efforts to include specific policies and procedures in response to the H1N1 pandemic. These policies are developed and revised, as necessary, by the Crisis Response team that includes members from all University divisions and Pacific's three campuses. We are also in regular communication with the San Joaquin County Public Health department and are closely monitor the Center for Disease Control (CDC) recommendations.

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As you know, the H1N1 pandemic flu is now wide spread throughout the world. Fortunately, the vast majority of cases are mild. At this point, the H1N1 virus appears no more virulent or severe than most seasonal flus. This strain does seem to be more frequent in children and young adults, particularly those six months to 24 years of age, because they have not yet had contact with a similar type of virus.

Cases of H1N1 have already appeared on most college campuses and we have had two confirmed cases last summer that were isolated and contained. We expect to see more cases at Pacific this fall, consistent with what is occurring in the public community around us. We are closely monitoring cases on all three campuses and isolating individuals as necessary. We strongly encourage everyone to continue to engage in all of the standard flu prevention precautions and to play an active role in public health prevention efforts. Student Health Services, in collaboration with students in the Thomas J. Long School of Pharmacy and Health Sciences, will direct a campus-wide immunization campaign, offering the opportunity for faculty, staff, and students to receive seasonal flu immunizations and the H1N1 vaccination, when it becomes available. Current CDC recommendations are that individuals receive both the seasonal and the H1N1 immunizations.

The fee for the seasonal flu vaccination will be covered by the University for both faculty and staff. Students on the Aetna student health plan will have both the seasonal and H1N1 vaccinations covered by the plan. Students on most other plans should also expect to have these immunizations covered by their insurance. Students with specific questions about coverage should contact their insurance policy carrier or Pacific's student insurance office in Health Services. Information about flu clinics and the immunization schedules for all three campuses will be communicated broadly once each of the vaccines is in stock.

### **Prevention**

Faculty, staff, and students should practice the following preventative actions:

- \* Wash your hands frequently with soap and water or use an alcohol-based hand gel.
- \* Avoid contact with ill persons.

- \* Cover your mouth with the crook of your elbow when you cough or sneeze (the "Vampire" technique).
- \* Throw used tissues in the trash.
- \* Do not share food, drink, or utensils.
- \* If you are experiencing severe flu symptoms and are a student, make an appointment with Health Services and follow recommendations regarding isolation for 24-hours after the fever has gone away. The University has the capacity to isolate a limited number of students on-site, if needed.
- \* If you are experiencing severe flu symptoms and are faculty or staff, make an appointment with your physician and remain home until 24-hours after your fever has gone away.
- \* As this is not a gastrointestinal virus, cleaning of facilities beyond that normally scheduled is not indicated.

### **Education**

An educational campaign focused on prevention, the signs and symptoms of the flu, and containment of the virus in the Pacific community will continue this fall. This campaign will include Town Hall meetings for staff, faculty, and students. The first staff and faculty Town Hall meeting is scheduled for Thursday, September 3, at noon in the Pacific Theater on the Stockton campus, and will include a question and answer session with Kathy Hunter, Director of Student Health Services. This campaign also includes equipping front line staff in the Residence Halls, Resident Assistants and Resident Directors with flu kits and information to promote frequent hand washing and other preventative actions. Other sessions on all three campuses will be scheduled as necessary.

### **Treatment and Response**

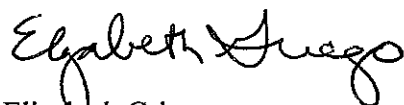
The majority of individuals who contract this virus will not need to seek a doctor's treatment. Faculty, staff, and students who are ill with the flu should remain home for 24 hours after they are fever-free (and without medication that would lower temperature). A mild lingering cough may continue after other symptoms have subsided. Barring any other symptoms, this cough should not prevent students from returning to class.

### **Classes and Activities**

Classes and other activities at Pacific will continue as scheduled this semester. The Crisis Response Team will continue to monitor the situation on all three campuses and make recommendations to the Provost regarding changes in the delivery or cancellation of classes. The Provost will make final decisions about the continuation of classes. Campus activities may also be cancelled or rescheduled based on these recommendations. Any cancellations will be broadly communicated using email, PacificConnect, and other communication vehicles.

Thankfully, we have not seen an increase in flu-like symptoms or flu cases on any of the Pacific campuses to date. We will continue to monitor this situation very closely and will quickly communicate response plans and procedures if outbreaks should occur.

Sincerely,



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Vice President for Student Life