

Fall 2009

Dear students, faculty, staff and parents,

As you may know, flu can spread easily from person to person. Therefore, we are taking steps to prevent the spread of flu at Santa Barbara City College. **We need your help to accomplish this.**

We are working closely with the Santa Barbara County Public Health Department to monitor the flu conditions and make decisions about the best steps to take concerning our institution. We will keep you updated with new information as it becomes available to us.

For now, we are doing everything we can do to keep our students faculty and staff healthy and our institution operating as usual. Here are a few things you can do to help:

- **Practice good hand hygiene** by frequently washing your hands with soap and water, especially after coughing and sneezing. Alcohol-based hand cleaners also are effective.
- **Practice respiratory etiquette** by covering your nose and mouth with a disposable tissue when you cough or sneeze then discard tissue into a waste container. If you don't have a tissue, cough or sneeze into your sleeve, elbow or shoulder, not into your hands. Avoid touching your eyes, nose or mouth; germs are spread this way.
- **Know the signs and symptoms of the flu.** A fever that is over 100 degrees with a cough or sore throat. It is also common to have a headache and body aches.
- **Stay home if you have the flu or flu-like illness** for 24 hours after you no longer have a fever (100 degrees). This should be determined without the use of fever-reducing medications (anything containing ibuprofen or acetaminophen).
- **Talk to your health care provider about whether you should be vaccinated for the seasonal flu.** Also if you are at high risk for flu complications from the 2009 H1N1 flu, you should consider getting the H1N1 vaccination when it becomes available. For information on priority or high risk groups visit www.cdc.gov/h1n1flu/vaccination/acip.htm .

For the most up-to-date information on the flu, visit www.flu.gov or cal 1-800-CDC-INFO.

We will notify you through the campus Pipeline and college webpage of any additional changes to our institution's strategies to prevent the spread of flu on our campus.