

Dear Parents,

As you may know, flu can be spread easily from person to person. Therefore, we are taking steps to prevent the spread of flu at Portland State University for as long as possible, **but, we need your help to accomplish this.**

We are working closely with the Multnomah County health department to monitor 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 to keep our institution operating as usual. Here are a few things you can do to help:

- **Practice good hygiene** by washing your hands with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners also are effective.
- **Practice respiratory etiquette** by coughing or sneezing into your elbow or shoulder. If you cough into a tissue, please dispose of it carefully. Avoid touching your eyes, nose, or mouth as much as possible.
- **Know the signs and symptoms of the flu.** A fever is a temperature taken with a thermometer that is equal to or greater than 100 degrees Fahrenheit or 38 degrees Celsius. Look for possible signs of fever: if the person feels very warm, has a flushed appearance, or is sweating or shivering.
- **Stay home if you have flu or flu-like illness for at least 24 hours after you no longer have a fever** (100 degrees Fahrenheit or 38 degrees Celsius). This should be determined without the use of fever-reducing medications (any medicine that contains ibuprofen or acetaminophen). Don't go to class or work.
- **Get vaccinated for both seasonal flu and H1N1.** Seasonal flu vaccine should be available by mid September from the Health Service for PSU Students. H1N1 vaccine should be available in mid October. Health experts are recommending that pregnant women, persons aged 6 months to 24 years, persons caring for an infant under 6 months and persons 25 to 64 years who have medical conditions that put them at higher risk for influenza-related complications should be vaccinated. . For more information about priority groups for vaccination, visit [www.cdc.gov/h1n1flu/vaccination/acip.htm](http://www.cdc.gov/h1n1flu/vaccination/acip.htm).

If this year's flu season becomes more severe, we may take the following additional steps to prevent the spread of the virus:

- **Until H1N1 vaccine is available, allow students, faculty, and staff at higher risk for complications to stay home.** These students, faculty, and staff should make this decision in consultation with their health care provider.

- **Find ways to increase social distances** (the space between people) in classrooms such as moving desks farther apart, leaving empty seats between students, holding outdoor classes, and using distance learning methods.
- **Extend the time sick students, faculty, or staff stay home or in their residence.** During severe flu conditions sick people should stay home until they are without fever for 24 hours without the use of fever reducing agents like Tylenol or Advil.
- **Suspend classes.** This decision will be made together with local and state public health officials and the Oregon University System. The length of time classes should be suspended will depend on the goal of suspending classes as well as the severity and extent of illness.

For more information about flu in our community and what our institution is doing, visit [www.shac.pdx.edu](http://www.shac.pdx.edu) or call 503-725-2800.

For the most up-to-date information on flu, visit [www.flu.gov](http://www.flu.gov), or call 1-800-CDC-INFO (232-4636).

Our campus website will notify you of any additional changes to our institution's strategy to prevent the spread of flu on our campus.

Sincerely,

Mary Beth Collins  
Executive Director  
Center for Student Health & Counseling