

Dear Parents of MTSU Students,

We share your concerns about the H1N1 flu, as well as the health and well being of your son or daughter. This summer we began seeing students with H1N1 flu, and we are expecting waves of the illness as the fall and winter progress. Thankfully, at this time, H1N1 flu is behaving like typical seasonal flu and is responding in a predictable and consistent manner.

While we can not stop this pandemic from coming to MTSU, we will do our best to minimize the impact of the H1N1 virus on our students and campus. At our Health Center, we are placing students in masks immediately when they come in with flu symptoms. We treat all *suspected* cases of the H1N1 flu as if they are *confirmed*; offering suspected flu's anti-viral medication, such as Tamiflu, when appropriate, and following current CDC recommendations that students stay away from class and activities until they have been without a fever for 24 hours to decrease risk of spread. For roommates and close contacts, we offer a preventive course of anti-viral, especially if they have asthma or other significant conditions that could be a factor in the severity of illness with H1N1 influenza virus.

In light of the small risk of more severe disease with any influenza virus, including H1N1 influenza, we make sure students are aware of the warning signs with influenza that necessitate urgent medical attention. We would like for parents to be aware of these following signs as well which include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worsening cough

For more information on influenza please visit our other links to flu at www.mtsu.edu/healthservices and also consult the Center for Disease Control and Prevention web site at www.cdc.gov

Sincerely,

Richard Chapman

Director MTSU Student Health Services