

27 August 2009

Dear Parents,

At the start of this academic year at Seton Hall we are also on the threshold of a new flu season. Because we are all concerned about the health of our students, I want to update you on steps we are taking here on campus, asking you and your students to take action to minimize the risk of infection.

For many years the University has had a Critical Incident Management Plan that included pandemic preparedness, which our health services department has updated recently in order to respond to the outbreak of the H1N1 virus. (We have also been closely monitoring the recommendations of the Centers for Disease Control and Prevention and the New Jersey Department of Health and Senior Services.) This thoughtful preparation and proactive information management will allow the University to respond quickly to any changes in the spread or severity of the disease.

There are also many things we all can do to mitigate the severity of the flu season. Prevention is critical. I strongly encourage the Seton Hall campus community to follow these suggestions:

- Know the symptoms: fever (usually first), cough, sore throat and stuffy nose (could also include body aches, chills, headaches, fatigue, diarrhea, and vomiting). Avoid contact with ill persons.
- Always cough and sneeze into your sleeve or a tissue; wash hands often; avoid touching eyes, nose or mouth.
- If you think you have the flu, stay at home. If you think you need medical assistance, call your health care provider for an appointment.
- Ill faculty, staff and students should be fever free (without medication) for 48 hours prior to returning to work or class.

We fully expect to see cases of flu this fall. This is consistent with the experience of most college campuses. However, it is also important to remember that, at this time, the vast majority of cases of H1N1 are mild – no more severe than seasonal flu.

For more detailed information I strongly encourage you to log onto the websites of the CDC (<http://www.cdc.gov/h1n1flu>) or Seton Hall's health services department (<http://www.shu.edu/offices/health-services-index.cfm>).

I thank you for your cooperation and support for the health of the Seton Hall community.

Sincerely,



Monsignor Robert Sheeran
President