Dear Kean students, faculty, staff,

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 Kean University for as long as possible, but we need your help to accomplish this.

We are working closely with the NJ Department of Health and Senior Services 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 hand 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 covering your mouth and nose with a tissue when you cough or sneeze. If you don’t have a tissue, cough or sneeze into your 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 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) or signs of a fever (have chills, feel very warm, have a flushed appearance, or are sweating). 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.

- **Talk with your health care providers about whether you should be vaccinated for seasonal flu.** Also if you are at higher risk for flu complications, you should consider getting the seasonal vaccine as soon as possible. People at higher risk for the flu complications include pregnant women and people with chronic medical conditions (such as asthma, heart disease, or diabetes). For more information about priority groups for vaccination, visit [www.cdc.gov/h1n1flu/vaccination/acip.htm](http://www.cdc.gov/h1n1flu/vaccination/acip.htm).
What to do if you are experiencing influenza like symptoms:

If you are sick with ILI (influenza like illness), the CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or other necessities. Your fever should be gone without the use of fever reducing medication. Examples of fever reducing medication include Aspirin (should not be taken by anyone under the age of 18 yrs.), Acetaminophen (Tylenol), Ibuprofen (Motrin, Advil, Nuprin), Naproxen (Aleve).

Students:

1. Stay home if experiencing flu like illness and call your primary care provider.
2. If on campus, immediately report to Health Services at Downs Hall Room-126, or call Health Services at 908-737-4880 Monday-Friday 9:00am – 5:00pm. After hours contact campus police at 908- 737-4800. Students may also email hsnurses@kean.edu for any health related questions. Emails are not a substitute for seeking medical care.
3. Upon reporting to Health Services, please inform the front staff that you are experiencing flu like illness.

Faculty/Staff:

1. Stay at home if you are experiencing flu like illness and call your primary care provider.
2. Contact your supervisor for absenteeism.

Kean University Health Services and the CDC is encouraging the campus community to talk to your health care provider to find out if you should be vaccinated for the seasonal flu. Information on the seasonal flu vaccine can be found at www.cdc.gov/flu/protect/keyfacts.html

The best form of prevention is to remain at home and contact your health care provider.

Up to date information on flu, visit www.flu.gov.

We will notify you by email of any additional changes to our institution’s strategy to prevent the spread of flu on our campus.