

H1N1 Information for Students
Update # 1
E-mailed: August 25, 2009

To All Students:

The H1N1 Influenza A is still active in the United States and has been shown to disproportionately affect school-age children and young adults. For persons with underlying health conditions, such as asthma, diabetes, or heart and lung disease, the illness can be more serious. Pregnant women are also at risk for more serious illness.

The Virginia Department of Health (VDH) continues to see influenza-like illness throughout the state at higher-than-normal rates for this time of year. For persons with flu, the current CDC recommendation is to stay home from work and school until at least 24 hours after being free of fever (100 F/37.8 C) without the use of fever-reducing medication. This is very important for preventing the spread of flu to others.

JTCC students with the flu should stay home from school until at least 24 hours after being free of fever (100 F/37.8 C) without the use of fever-reducing medication. Students who present medical documentation to College faculty indicating they have been absent due to the flu will not be dropped from their classes for excessive absences. Students are responsible for making up any missed coursework and assignments.

Virginia Department of Health Commissioner Karen Remly has advised Virginians to prepare for the possibility of increased flu activity as students return to classes this fall. With that in mind, JTCC students are encouraged to do the following:

- If you have flu-like symptoms of fever, cough, sore throat, headache, chills, fatigue and body aches, stay home from work and school and limit contact with others to keep from spreading the virus.
- Cover your nose and mouth when coughing or sneezing, and throw the tissue in the trash.
- Wash your hands often with soap and water, especially after coughing or sneezing. The use of alcohol-based hand cleaners also is effective.
- Limit close contact with sick people.
- Prevent the spread of germs by not touching your eyes, nose or mouth.
- Call your health-care provider if you have questions or concerns.

JTCC will inform students via student email if VDH recommendations change. Students should also check the CDC web site for additional information at <http://www.cdc.gov/h1n1flu>.

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