

INFLUENZA UPDATE 10/23/09

To the Immaculata University Community:

Over the course of the last few days we have been made aware of students and family members that have demonstrated influenza-like symptoms. As you are aware, the H1N1 virus, also referred to as the Swine Flu, is considered to be a national pandemic by the World Health Organization (WHO).

I would like to inform you of the following important information and facts.

Immaculata University is working closely with the Chester County Health Department and Pennsylvania Department of Health to monitor the ongoing pandemic information provided by the Center for Disease Control (CDC) and WHO. According to the CDC and WHO, the H1N1 virus is most prevalent in the 5-24 year age group. The CDC no longer suggests testing for those individuals presenting with influenza-like symptoms. However, most physicians are taking the precaution and treating their patient's symptoms for influenza. Treatments include, anti-viral medication, along with antibiotics, ibuprofen and recommending that they get a good amount of rest and stay home from work or school. Therefore, members of the Immaculata community who believe they are experiencing influenza-like symptoms should contact a health care provider to seek a proper diagnosis and treatment plan. Stay home if you have the flu or flu-like illness for at least 24-48 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 flush appearance or sweating). This should be determined without the use of fever-reducing medications (any medicine that contains ibuprofen or acetaminophen). Residential students who are diagnosed should make appropriate arrangements to return home to recover.

The influenza virus is contagious and is spread through human contact. Flu viruses are typically spread person to person through coughing and sneezing by people with influenza. The primary means to reducing the spread of influenza is prevention: practicing good hygiene, identifying the illness as early as possible, and isolating oneself from those who are not ill.

For more information, about flu in our community and what our institution is doing, visit <http://www.immaculata.edu/HealthServices> or call (610) 647-440 x3500. For the most up-to-date information on flu, visit www.flu.gov or call 1-800-CDC-INFO (232-4636).

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

Sincerely,

Sister R. Patricia Fadden, IHM, Ed.D.
President