

H1N1 Communication 2

Chancellor's Message: Prevent

In late-August, I suggested things to consider at home — ways to prepare for a potentially hard-hitting flu season. As I thought about the close link between my home and work life, I found several areas where I could prepare personally. If you missed that message or want to review it again, visit this link:

[H1N1 Communication 1 - Prepare](#)

Current status of H1N1 flu

The World Health Organization continues to raise concerns about the H1N1 flu and urges us to step up hygiene and sanitary practices. Here are some actions we can all take to help curb the spread of both the seasonal flu and the H1N1 flu.

Preventing the flu — Courtesy of the Centers for Disease Control and Prevention (CDC)

The symptoms of the H1N1 flu virus in people are similar to the symptoms of seasonal flu. They include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. A significant number of people infected with this virus also report diarrhea and vomiting.

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Keep your work areas clean.
- Try to avoid close contact with sick people.
- If you are sick or have been exposed, stay home. Seek medical treatment when necessary.

For this flu season, our office will provide tissues and hand sanitizer in common areas such as lobbies, break rooms, conference rooms, restrooms, etc. Keep office kitchen areas clean by sanitizing countertops, microwave ovens, refrigerators and other surfaces; work together as a team and take turns cleaning areas more frequently than may be done today.

Other actions

The Public Employees' Benefit Board continues its annual flu shot campaign *for the seasonal flu*. A flu shot from a PEBB clinic, however, *does not protect against the H1N1 virus*. Health experts recommend that everyone get the seasonal flu shot. They also recommend getting the H1N1 vaccination as soon as it is available. For more on PEBB's seasonal flu-shot clinics for state employees, visit the Board's Web site: <http://oregon.gov/das/pebb>.

What's next

Because our office provides critical services to OUS campuses, the Chancellor's office will remain open and employees will stay on the job in all but the most extreme circumstances. Every preparation we make now will help us meet our obligations and duties during the flu season. In early October, I will share more information about OUS' overall approach to managing potential complications from the flu season, including applicable policies and the tools available to us.

If you have questions that relate to your specific work functions, please contact your immediate supervisor. Contact our Human Resources office, (541) 346-5766 with questions related to HR.

Web resources

Oregon's main flu site: <http://www.flu.oregon.gov/>

Centers for Disease Control: <http://www.cdc.gov/h1n1flu/>

Frequently Asked Questions: [H1N1 Influenza FAQs](#)

Public Employees' Benefit Board: <http://oregon.gov/DAS/PEBB/flushots.shtml>

CDC Higher Education Guidance: <http://www.flu.gov/plan/school/higheredguidance.html>