

Hello Colleagues:

Flu season is upon us, and the health office is beginning to see elevated numbers of sick students.

As the district finalizes a plan to address pandemic-related issues that may arise with the H1N1 flu, I want to make you aware of several actions and opportunities to stay healthy.

Continue to wash your hands often. As a second option, hand sanitizers have been placed in strategic locations around campus: in the physical fitness lab, library, Academic Resource Center, and the Student Center on the Santa Maria campus; and in the Lompoc Valley Center library and administration/financial aid offices.

Take advantage of the flu shot clinics being offered on campus:

- Santa Maria: Oct. 6, 1:30 to 4:30 p.m., and Oct. 7, 9:30 a.m. to 12:30 p.m., in Student Health Services office, W-12
- Lompoc Valley Center: Oct. 6 from 9 a.m. to 12 noon, Student Health Services, 1-109.

Cost is \$5 for students; \$25 for faculty and staff. Note these clinics are for the **regular flu shot**. When dates are firm, we will announce additional clinics for students and staff for the H1N1 shots. BOTH shots are highly recommended by the Centers for Disease Control (CDC).

Faculty: please be aware of potentially sick students in your classes. H1N1 symptoms include fever/cough/headache. CDC guidelines specify that those who are sick should “self isolate” (stay home) until 24 hours after the last sign of fever (without aid of fever reducing medication). Please encourage your students to do so if needed, and work with them regarding assignments, etc.

There is a task force working on the potential responses to the many scenarios a pandemic might bring to our district. We will share those details as soon as possible. In the meantime, we plan to reinstitute a flu update site on our Web homepage this week. Please check there often for updates and resources.