

From: President's Office
Sent: Wednesday, September 02, 2009 11:48 AM
To: student-l
Subject: Message from President Edwards

Welcome to Pellissippi State. Over 10,000 students have made Pellissippi State their college choice this year and while we are proud of our growth, you will experience some of our "growing pains" as we adjust to the increase in the number of students. First, please come early to find a parking space and to get to class on time. Traffic patterns should ease within the week as you adjust to class schedules. Secondly, we have already seen some public school closings in our area because of the spread of H1N1 virus and I want you to take extra precautions this year to avoid getting sick.

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 Pellissippi State for as long as possible, but, we need your help to accomplish this.

We are working closely with county and state health authorities 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 from 2009 H1N1 flu, you should consider getting the H1N1 vaccine when it becomes available. People at higher risk for 2009 H1N1 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

Additional information is also available on Pellissippi's website at http://www.pstcc.edu/departments/student_affairs/flu.html