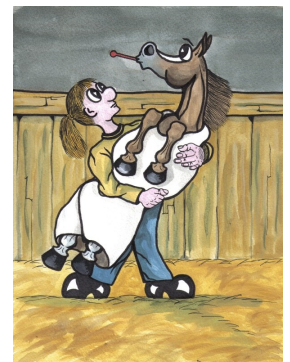


What you need to know about H1N1 and Living in the Residence Halls

Overview

Residence Life, in collaboration with Sindecuse Health Center, is making every effort to assist in minimizing the spread of H1N1. To date, the majority of cases here at WMU have been mild to moderate. While we continue to ask all of you as students to return home if possible if you are diagnosed with H1N1 or flu-like symptoms, we understand that is not always a feasible option. With that in mind, we have been able to make a limited number of vacant rooms in the Residence Halls available for students who need to isolate. These rooms all have their own bathrooms and are being supplied with items such as linen packets, pillows, blankets, micro-fridge units, telephones, and small welcome baskets. Additionally, Hall Directors will be assisting students with meals by providing a menu for food selection and delivering meals to the isolation rooms. These rooms are in various Residence Halls and floors across campus and will continue to be cleaned and used for isolation as students recover and vacate those rooms. If you are asked to isolate by Sindecuse or another physician or if you desire to self-isolate on your own accord, you need to contact your Hall Director and he/she will assist you in getting to your isolation room and assist in providing transportation if needed. If your roommate or suitemate has been identified to self-isolate, we suggest that you take time to clean and disinfect your room in his/her absence. This will assist in minimizing further spread of germs.



Awareness

While students are in isolation, they are being asked to remain in their designated isolation rooms until 24 hours after their fever breaks (without the use of fever reducing medication). If students must leave their isolation room for any reason, they are being asked to wear masks in order to further minimize the spread of germs to others. You may see students on campus or in your halls who are wearing masks. Do not be alarmed. Wearing a mask is a way to help protect you from unwanted germs.

Additional Education



Residence Life and WMU want to do everything we can to assist in both educating students and minimizing the spread of H1N1. We need your understanding and cooperation as well. More than likely we have all had the flu at one time or another. If you have friends, roommates or suitemates who have experienced the flu, please remember that they have just experienced an illness and have taken the proper precautions to get better and to minimize exposing others to the illness. Once they are back to their normal living space, they will continue to go about life at WMU as they had prior to the flu and so will you! Since they have already taken one of the most essential steps in protecting your health, their prevention efforts should continue after returning from isolation. When your roommate ends isolation, it will be important for both of you to:

1. Avoid sharing personal items
2. Maintain as much distance from each other as your room allows
3. Clean high touch surfaces such as door knobs, switches, and bathroom surfaces

Your roommate has received information about the importance of practicing hand hygiene and covering coughs and sneezes. You will want to monitor yourself for flu symptoms for several days.

- As a result of students choosing to isolate, we have been able to minimize the spread of the flu to roommates, suitemates, and hall floors.
- Thank you all for your efforts to educate yourself on the flu and to keep yourself and those around you healthy!

