

According to the Center for Disease Control (CDC), the U.S. Public Health Emergency for 2009 H1N1 Influenza expired on June 23, 2010. The World Health Organization (WHO) declared an end to the 2009 H1N1 pandemic globally on August 10, 2010. However, it is likely that the 2009 H1N1 virus will continue to spread for many years to come, like a seasonal virus.

The CDC recommends a yearly flu vaccination as the first and most important step in protecting against the flu. The flu vaccine for the 2010-2011 seasonal influenza will protect not only against the H3N2 virus, an influenza B virus, but also the 2009 H1N1 virus. Student Health Services will be holding a flu clinic for students in the fall semester. Further information will be provided in regards to this clinic to all students at a later date. The Human Resource Department is also planning a flu clinic for employees of the College. Further information will be provided by Human Resources to employees.

Influenza is thought to spread mainly person to person through coughing or sneezing of infected people. Taking everyday actions will keep you healthy:

- 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. If soap and water is not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread that way.
- Stay home if you are sick. Do not go to classes or come to work. Limit your contact with others to keep from infecting them.
- Stay informed. This website will be updated regularly as information becomes available.