

NOTICE

Re: H1N1 / Swine Flu Precautions

To: All Staff, Faculty and Students

From: Campus Director

National College is monitoring the H1N1 Flu epidemic through reliable sources and has established a healthcare advisory committee to make recommendations that may be advisable for your health and safety.

The committee has:

1. Placed reminders in all washrooms to wash your hands frequently and thoroughly.
2. Requested our cleaning service to be particularly vigilant at this time by wiping down frequently touched surfaces such as door knobs and hand railings.
3. Established a process to access current, reliable health information sources to supplement the information we all are exposed to in news media reports.

We remind you of the following recommendations based on information from the Centers for Disease Control and Prevention:

1. Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
2. Avoid contact with ill persons or persons coughing or sneezing.
3. Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
4. Keep your hands away from your eyes, nose, and mouth.
5. If you develop normal flu-like symptoms
 - a. Consult your physician
 - b. Stay home from work or school and limit contact with others to keep from infecting them.
 - c. Inform National College by contacting any staff member.
6. If you would like additional information get it from a reliable source such as the Centers for Disease Control and Prevention (CDC) <http://www.cdc.gov>.

National College will continue to keep you informed about actions the college is taking to prevent or limit the transmission of the flu virus.

May 2, 2009