

Dear Butler Community,

The World Health Organization has raised the Influenza Pandemic Alert, declaring that “Influenza pandemics must be taken seriously precisely because of their capacity to spread rapidly to every country in the world.”

All of us, including Butler University, are now on a heightened alert for unusual outbreaks of influenza-like illness. While the disease has not touched the University, we are continuing to monitor the outbreak and take precautions to help ensure the health and safety of our students, faculty and staff.

Some of those precautions include:

- The University has engaged in conversations about Influenza (H1N1) - Swine Flu with local health organizations as well as with other Indiana colleges.
- Representatives from across the University are meeting regularly to monitor the situation and prepare the University’s response if circumstances change.
- Canceling a three-week study trip to Guadalajara Mexico scheduled for May 11.

Butler is following the guidance of the Centers for Disease Control and Prevention (CDC) and other appropriate agencies in response to this outbreak. According to the CDC, symptoms for Influenza (H1N1) - Swine Flu are similar to the symptoms of seasonal flu in humans and may include some combination of:

- Fever, greater than 100 degrees F
- Sore throat
- Cough
- Stuffy/running nose
- Chills
- Headache
- Body aches
- Fatigue
- Vomiting
- Diarrhea

Butler students who have flu-like symptoms should call Health Services for advice at (317) 940-9385. Faculty and staff with these symptoms should call their family doctors for advice first before going to their office.

To prevent the spread of Influenza (H1N1) – Swine Flu, the CDC suggests:

- Practice basic hygiene. Cover your nose and mouth with a tissue when you cough and sneeze. Cough and sneeze into your sleeve rather than your hand if you do not have a tissue.
- Wash your hands with soap and water for at least 30 seconds especially after you cough and sneeze. Alcohol-based hands cleaners are also effective.
- Wipe down surface areas with disinfectant on regular basis.
- Try to avoid close contact with sick people.

- If you get sick, stay home away from work or school and limit contact with others to keep from infecting them.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Practice other good health habits – get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Additional information from Center for Disease Control can be found at <http://www.cdc.gov/swineflu/>

We will continue to keep the campus community informed about any new information about the Influenza (H1N1) – Swine Flu.

Vicky Rosa, RN MHA  
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