

Dear Butler Community,

The outbreak of Influenza (H1N1) continues to expand across the United States, including here in Indiana. As of May 5, Indiana had 15 confirmed cases. The Centers for Disease Control and Prevention (CDC) expects that more cases could occur over the coming days and weeks.

Butler Health Services would like to remind everyone of the precautions they should be taking to avoid getting ill, including:

- 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.
- If you are sick, stay home 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 foods.

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.

Additional information on the Influenza (H1N1) outbreak and prevention can be found at <http://www.cdc.gov/h1n1flu/>

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