

to: Chapter Presidents, Chapter Advisors, Fraternity and Sorority Advisors
cc: Province Collegiate Chairs, National Council, National House Corporation, Headquarters Staff
from: Department of Collegiate Experience
date: August 27, 2009
subject: Important Flu Season Announcement

MEMO

With the flu season fast approaching, health officials have predicted that college campuses will be among the hardest hit this year. As a result, Alpha Chi Omega Fraternity offers the following guidance for chapter officers and advisors.

What You Can Do to Stay Healthy

(Center for Disease Control and Prevention Website)

- **Stay informed.** The Centers for Disease Control and Prevention has developed a comprehensive Web site for higher education institutions, including fraternities and sororities, and preparing for the flu. Visit the site at <http://www.flu.gov/plan/school/higheredtoolkit.html> for more information and access to sample posters, FAQs and other resources.
- Influenza is thought to spread **mainly person-to-person** through coughing or sneezing of infected people.
- **Take everyday actions to stay 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, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
 - Avoid touching your eyes, nose or mouth. Germs spread that way.
 - Stay home if you get sick. CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

Information for Collegiate Members and Those Supporting Them

If women tell you they suspect they have the flu...

1. Encourage them to call their student health center and get instructions about their symptoms and concerns. Reassure them that the flu is common, usually a mild illness, and for all types of flu there are practical prevention methods and treatment options.
 - a. The flu vaccine is recommended for college students who are at high risk for catching the flu – those with chronic medical conditions such as asthma and diabetes, those who are pregnant, and those with immunodeficiency disease like HIV infection.
 - b. Stay informed about the availability of a H1N1 vaccine.
2. Follow the guidelines of the Centers for Disease Control in advising them about prevention:
 - a. Wash hands (for 20 seconds) and/or use hand sanitizer often.
 - b. Always cover your mouth and nose when coughing and sneezing with a tissue and then discard in garbage can immediately. If you do not have a tissue, cough or sneeze into your arm/sleeve to avoid people, food and your own hands. Wash hands again anyway!
 - c. Keep your hands away from your face (eyes, nose, mouth) to reduce transmission of germs.
3. Share the information provided about the differences in Cold vs. Flu (below).
4. Encourage women to have basic supplies for their rooms and personal use for prevention strategies, such as:
 - a. Thermometer
 - b. Tylenol or Ibuprofen
 - c. Kleenex
 - d. Clorox type wipes to clean surfaces
 - e. Hand sanitizer to carry and when soap/water no accessible
 - f. Paper towels to avoid over use of cloth towels that can spread germs.
5. Promote good healthy practices to improve or maintain a healthy immune system to fight infections:
 - a. Try to get plenty of rest (7 hours sleep recommended).
 - b. Eat regularly and don't skip meals. Choose variety, including fruits and vegetables, lean

meats and proteins, low fat milk and milk products, healthy grains, plenty of water daily. Staying hydrated is very important particularly as the temperature and humidity stay high.

- c. Stay active. The balance between rest and activity is a critical one for all of use in building and maintaining a healthy body and immune system, which we depend on when the body is stressed with illness.
- d. Stay focused on balancing study, class, play and cultural activities available on campus and in the community; this will help you manage stress more effectively.

SYMPTOMS	COLD	FLU
Fever	Less than 100F in adults	>100F; last 3 to 4 days
Headache	Rare	Sudden onset and can be severe
Muscle Ache	Mild	Usual and often severe
Tiredness & Weakness	Mild	Can last 2 more weeks
Extreme Exhaustion	Never	Sudden onset and can be severe
Runny Nose	Often	Sometimes
Sneezing	Often	Sometimes
Sore Throat	Often	Sometimes
Cough	Mild hacking cough	Usual & can become severe

Some Recruitment Advice...

- During recruitment it is critical that we remember to follow the guidelines above.
- Chapters should provide hand sanitizer for all women in between recruitment rounds. Chapter members should also be reminded to frequently wash their hands during recruitment activities.
- Chapter members should be encouraged not to participate in recruitment if they are not feeling well, as advised by the National Panhellenic Conference.