

In light of the outbreak of H1N1, or Swine Flu, Adams State College has reviewed its internal pandemic procedures. College administrators recently participated in a telephone conference with the Department of Higher Education and Colorado Department of Public Health & Environment to review appropriate responses for higher education institutions. ASC is also working with the Alamosa County Nursing Service.

The college has made hand sanitizer available in student housing and the SUB; masks will be available for those who wish them through the One-Stop in the SUB. ASC has a contingency plan for housing ill students and policies for excusing ill students.

Public Health officials note that so far, cases in the U.S. are mild and behaving like usual seasonal flu. As of today, 141 cases have been reported in 16 states. While two cases have been reported in the Denver area, none have been reported in the San Luis Valley or on campus.

One of the best preventives is common-sense hygiene: vigilant handwashing, use of alcohol-based hand sanitizer, covering a sneeze or cough.

If you experience flu symptoms, please stay home and seek medical treatment if symptoms are severe. Valleywide Health Services Convenient Care Clinic on the corner of Hwy 160 & 285 is available for those with no primary care physician locally.

Symptoms of H1N1 are those of any flu:

- a sudden fever
- body aches and pains
- runny nose, sore throat, coughing
- unexplained fatigue
- possible vomiting and diarrhea

The disease is spread human-to-human, and is not contracted from pigs or eating pork products.

Employees please contact your supervisor and/or Human Resources (ext. 7990) if you are ill and will miss work. Supervisors please encourage anyone experiencing symptoms to stay home and seek medical treatment if symptoms are severe. Please notify Human Resources if you have an employee suspected of having swine flu immediately.

Colorado Public Health officials advised postponing any planned travel to Mexico, noting the country is not permitting sick individuals to board planes or buses to leave the country.