

Information about H1N1  
September 2009

---

Dear RIT Student:

H1N1 Flu is receiving a lot of attention in the media. The vast majority of cases have been mild to moderate with many recovering without any medical treatment. The main concern is about the number of people who may get sick within a short period of time. This has happened at other colleges and universities since the start of the academic year.

**What Students Should Do:**

- Remember that according to federal, state and local health officials, the current 2009 H1N1 Flu is no more serious than the seasonal flu. Illness from the 2009 H1N1 Flu virus has been mild to moderate, with most people recovering without the need for medical treatment.
- Stay Informed - read the information on the RIT H1N1 Flu Web Site: <http://www.rit.edu/h1n1>.
- Call the Student Health Center or your own doctor if you have flu symptoms (fever 100 F or higher, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue),
- Keep current with your course work while you are healthy– If you do get sick, you'll then be in a better position to meet course requirements once you are feeling better.
- Keep your faculty informed - Contact your faculty and advisor if the Student Health Center or your doctor has recommended that you stay at home or in your room.
- Wash your hands frequently, cough or sneeze into a tissue, your sleeve, or your upper arm.

**Remember:**

- Do not come to class if you've been told to stay home or in your room.
- Help prevent the spread of your germs to others – again, wash your hands frequently; cough or sneeze into a tissue, your sleeve or upper arm.