



March 1, 2010

The College hosted an H1N1 vaccine clinic on campus February 10-11 that was open to all students, faculty and staff (and their family members). Over 150 vaccines were administered. The College will continue to work with officials from the Maine CDC in flu prevention efforts.

Due to a recent large increase in H1N1 vaccine supply in the State, the Maine CDC is now recommending that H1N1 vaccine be offered to anyone who wishes to receive it.

Though it appears that a recent surge of the H1N1 virus is now abating in the State, Maine CDC Director Dr. Dora Mills says it's expected to circulate for months, if not years, and could surge again. "Flu activity in Maine has decreased; however, people are still being hospitalized due to H1N1. It is important to be aware that flu comes in waves. Vaccination is the best protection for yourself and the people you care about," says Dr. Mills.

Have Questions About the Flu?

www.MaineFlu.gov

Maine CDC Hotline: 1-888-257-0990

Maine CDC Email: flu.questions@maine.gov

- **[Information for Students](#)**
- **[Flu Prevention](#)**
- **[If You Become Sick](#)**
- **[Resource Links](#)**

INFORMATION FOR CMCC STUDENTS

At this time we are receiving very few reports of students and employees out with the flu. Health officials have advised us that this is similar to what they are observing in other parts of the State. However, they emphasize that this may not continue and that all of us must continue taking precautions.

Commuter students who develop flu-like symptoms should not come to class. The CDC is recommending that individuals remain at home for at least 24 hours after they are free of fever, or signs of a fever, without the use of fever-reducing medicines.

****All students should contact their instructors by email at the onset of flu-like symptoms. ****

Residence hall students should also notify the residence life staff as soon as they develop flu-like symptoms. Students who develop flu-like symptoms should go home if they can do so safely. If they are unable to go home safely, the College will accommodate isolation. Roommates/suitemates of students who exhibit flu-like symptoms will be offered the opportunity to move to an alternative location until the immediate threat of infection has passed.

PREVENTION IS THE KEY!



The CDC's recommendations to reduce your risk of becoming infected:

- Cover coughs and sneezes with your sleeve or elbow.
- Avoid touching your eyes, nose and mouth.
- Wash hands frequently, especially after coughing or sneezing.

For more information, read the CDC's Web page, *What to Do If You Get Flu-Like Symptoms*. (<http://www.cdc.gov/h1n1flu/sick.htm>)

IF YOU ARE SICK WITH FLU-LIKE SYMPTOMS:

Stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.)

Keep away from others as much as possible to keep from making others sick.

People at high risk for flu complications who become ill with flu-like symptoms should contact their doctor as soon as possible.

The Centers for Disease Control and Prevention (CDC) describes H1N1 flu symptoms as follows:

- fever
- cough
- sore throat
- body aches
- headache
- chills
- fatigue

Some people have reported diarrhea and vomiting associated with swine flu. In the past, severe illness (pneumonia and respiratory failure) and deaths have been reported with H1N1 infection in people. Like seasonal flu, H1N1 may cause a worsening of underlying chronic medical conditions.

WHAT IS GUIDING OUR RESPONSE?

Central Maine Community College is dedicated to the safety of our students, employees, and visitors. The College continues to closely monitor the H1N1 (swine flu) outbreak, both locally and nationally. Staff members are regularly in contact with the Maine Center for Disease Control and Prevention and the Androscoggin Emergency Management Agency. The College is following the guidelines made by the Centers for Disease Control for institutions of higher education. This guidance includes:

- [Maine CDC Update on Novel H1N1](#)
- [CDC Guidance for Response to Influenza for Institutions of Higher Education during the 2009-2010 Academic Year](#)
- [H1N1 Preparations for Residential Schools](#)
- Federal Centers for Disease Control, H1N1 Resource Page <http://www.cdc.gov/h1n1flu/>

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This webpage will be updated periodically as events warrant.