

Subject: H1N1 Flu Update - May 1, 2009
From: Office of the Executive Vice President <provost@nmsu.edu>
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To: all-nmsu@nmsu.edu

May 1, 2009

TO: The NMSU Community

FROM: Robert Moulton, Interim Executive Vice President and Provost

SUBJECT: H1N1 Flu Update

The university continues to closely monitor the worldwide outbreaks of H1N1 Influenza (swine flu) and this morning the university's emergency response team met to continue preparedness planning. The university is working with state and local leadership and supported a news conference at the Las Cruces City Hall, also this morning, to inform residents of Doña Ana County that we are fully prepared to deal with a flu outbreak.

We would like to reiterate that there is currently no health emergency in New Mexico and that we are working with the NM Department of Health to stay informed as the situation continues to evolve. At this time the university is not canceling any classes, activities or large events; however, we are encouraging departments to notify your departmental administration if you notice high levels of absenteeism, so we can continue to monitor the situation closely.

We want to make information available to our campuses and encourage everyone to be aware of precautions they can take. The following measures continue to be recommended to prevent the transmission of any type of flu:

- 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 hand cleaners also are effective. (Check to make sure your sanitizers contain at least 63 percent alcohol.)
- If you get sick, stay home from work or school and limit contact with others.
- Avoid close contact with people who are sick.
- Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Links to the Centers for Disease Control and Prevention, the World Health Organization as well as information on the university's Communicable Disease Response Planning can be found at <http://www.nmsu.edu/safety/>

The NMSU Student Health Center Web site is always a good resource for information and specifically addresses issues regarding travel. You can find that site at <http://www.nmsu.edu/~shc/>.