



TEXAS TECH UNIVERSITY

Office of the President

September 2, 2009

To the Texas Tech community,

With the beginning of the fall semester, we are taking steps to prevent the spread of flu to Texas Tech University and we need your help to accomplish this.

We are following guidelines set by the Centers for Disease Control and the Texas Department of State Health Services, and are working closely with the Lubbock Health Department to monitor flu conditions and make decisions concerning our institution. You can find the latest information as it pertains to Texas Tech at www.ttu.edu/flu.

Here are a few things you can do to help:

- Practice good hand hygiene by washing your hands with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners also are effective. Disinfect personal and public areas when possible including high-touch surfaces (doorknobs, keyboards, remote controls, desks).
- Practice respiratory etiquette by covering your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder, not into your hands. Avoid touching your eyes, nose or mouth; germs are spread this way.
- Know the signs and symptoms of the flu. The most important of these is fever. A fever is a temperature taken with a thermometer that is equal to or greater than 100 degrees Fahrenheit or 38 degrees Celsius.
- Stay home if you have flu or flu-like illness for at least 24 hours after you no longer have a fever (as determined when you are no longer taking fever-reducing medications such as ibuprofen or acetaminophen).
- Talk with your health care provider about whether you should be vaccinated for seasonal flu. Also, if you are at higher risk for flu complications from 2009 H1N1 flu, you should consider getting the H1N1 vaccine when it becomes available. People at higher risk for 2009 H1N1 flu complications include pregnant women, children between six months and 24 years of age, and people with chronic medical conditions such as asthma, heart disease, or diabetes. For more information about priority groups for vaccination, visit www.cdc.gov/h1n1flu/vaccination/acip.htm.

The health and well being of every member of the Red Raider family is of the utmost importance. Students and parents who have concerns about their health may contact Student Health Services at (806) 743-2848. Faculty and staff should contact their personal health care provider.

Sincerely,

A handwritten signature in black ink that reads "Guy Bailey".

Guy Bailey
President

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