

September 9, 2009

Dear Parents of UCF Students:

We would like to update you about H1N1 influenza, our diligent efforts to help our students stay healthy and our plans for vaccinations on campus.

UCF's Health Services provides quality outpatient clinical care and supports the health of students, faculty and staff. We are accredited by the Accreditation Association for Ambulatory Health Care, and our professional health care workers are dedicated to providing outstanding service.

First and foremost, UCF will continue to follow all Centers for Disease Control and Prevention (CDC) guidelines and policies for dealing with H1N1. A multi-disciplinary team of UCF staff, including Health Services, Housing & Residence Life and many other departments, meets regularly to discuss H1N1 and prepare for the additional cases we expect to see.

We also are working closely with our local and state health departments.

The best way to prevent the spread of flu is by vaccination. UCF will be offering seasonal flu vaccinations beginning with a daylong flu shot event Sept. 30 at the UCF Arena. We encourage students and parents to attend. The cost will be \$10 for students and \$20 for all others. Following the event, seasonal flu shots will be available by appointment at UCF Health Services on campus at a cost of \$12 for students and \$25 for faculty and staff.

The vaccine against H1N1 influenza also will be provided on campus for our students. Students will be notified when the vaccine becomes available, and we will arrange for the distribution of the vaccine according to CDC guidelines.

Until vaccines become available, prevention is the best weapon against H1N1. Our communications to students will continue to include e-mail updates, posters in residence halls promoting good hygiene and presentations from resident assistants. We also are posting regular updates to the university's H1N1 Web site, www.ucf.edu/flu.

Because H1N1 continues to circulate throughout Central Florida and beyond, please help us urge students to take precautions wherever they go.

Students and their families are encouraged to follow these recommendations:

- 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 are also effective.

- Avoid touching your eyes, nose, or mouth. Germs spread that way.
- Try to avoid contact with sick people. Influenza is thought to spread mainly person-to-person through coughing or sneezing.

UCF encourages students who are sick to contact their professors or academic advisers by telephone or through their Knights e-mail account about classes and assignments that they may miss. We have urged professors to set deadline, makeup and attendance policies that take into account the fact that students should stay home if they are sick.

Students and parents are encouraged to view the latest UCF updates about the H1N1 flu, along with a list of frequently asked questions, on UCF's H1N1 Web site, www.ucf.edu/flu.

Additional information may be available from the [Centers for Disease Control and Prevention](http://www.cdc.gov) and from the Orange County Health Department (www.orchd.com).

We appreciate the continued cooperation of our students and their families.

Sincerely,

Bob Wirag, Director – UCF Health Services

Michael Deichen, M.D. – Director for Clinical Services