

TO: All NAU Students & Employees

FROM: Dr. Ronald Shape, COO/CEO

DATE: April 30, 2009

RE: Swine Flu Precautions

Like most of the world, National American University is concerned about the spread of the swine flu and is keeping a close watch on information passed down from county, state and federal officials. At this time, no employees or students have reported swine flu symptoms. Even so, it is important for the NAU community to understand the symptoms of the swine flu and to take common sense precautions.

Swine flu symptoms are similar to regular seasonal flu symptoms and include fever, coughing, runny nose, sore throat, head and body aches, lack of appetite and lethargy. However, swine flu may also cause additional gastrointestinal symptoms such as nausea, vomiting and diarrhea. Any students who experience these symptoms are advised to avoid classes and university events, and employees are advised not to come to work. Additionally, any students or employees with these symptoms are advised to seek immediate medical attention.

Public health officials advise using the following common sense measures, which can help diminish the spread of the flu virus:

- Wash your hands with soap and water frequently or use an alcohol-based hand sanitizer.
- Cover your nose and mouth with a tissue when you cough or sneeze, and throw the tissue in the trash after you use it.
- Avoid touching your eyes, nose or mouth with your hands, since they pick up viruses from surfaces you touch.
- Try to avoid close contact with sick people.

For more information on the swine flu and what you can do to stay healthy, visit <http://www.cdc.gov/swineflu>.