



Beaufort County Community College

P.O. Box 1069 Washington, NC 27889

September 17, 2009

To: All Beaufort County Community College Faculty, Staff and Students

Subject: Influenza and Our College's Readiness

As the international H1N1 flu (originally called swine flu) outbreak continues widening, local public health officials are confirming there are people with flu-like symptoms that are similar to those associated with the H1N1 flu virus in our communities. Beaufort County Community College is genuinely concerned for the health and well-being of our employees and students. We are aware that the probability of this virus affecting our College community during the next few months is very likely. We urge our students, faculty, and staff to self-monitor the health of themselves and their family members. Health officials continue to encourage practicing good hygiene, in order to limit the spread of the H1N1 and all other flu viruses.

Additional Information and Preventative Actions:

A web page containing information about the H1N1 and other flu viruses will be added to our web site. It will include tips to prevent catching the flu, proper hand washing practices, and links to useful web sites.

Several dozen sanitation stations containing alcohol-based hand cleaner will be installed throughout campus to encourage good hygiene. Custodial Services are cleansing surfaces that are frequently touched by numerous individuals, such as wall light switches and door knobs, on a daily basis. We will also implement a regimen of frequent disinfecting of publicly available computing stations. Remember, the best protection we have to reduce the risk of infection is to be mindful of good hygiene procedures and practice them consistently.

The Centers for Disease Control and Prevention (CDC) provides important information on their website on how to protect yourself and others from the flu. The website address is <http://www.cdc.gov/flu/protect/preventing.htm>

Everyday Preventative Actions recommended by the CDC:

- 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. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, CDC recommends that you 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.)
- While sick, limit contact with others as much as possible to keep from infecting them.

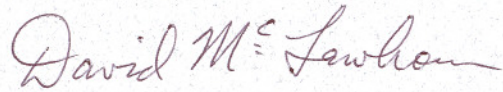
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- While sick, limit contact with others as much as possible to keep from infecting them.
- Follow public health advice regarding school closures, avoiding crowds and other measures to keep our distance from each other to lessen the spread of flu.

We will continue closely monitoring this situation and will communicate all factual information to our employees and students as we are instructed to release from our Federal, State and County Public Health agencies.

Sincerely,

A handwritten signature in dark ink that reads "David McLawhorn". The signature is written in a cursive style with a prominent initial "D" and a stylized "M".

David McLawhorn
President