

H1N1 Update

As we begin the fall semester, please take a minute to read this important update on H1N1 flu. Regent, like other colleges and universities across the nation, is preparing to deal with any outbreaks of H1N1 or seasonal flu that may arise.

You have an important role to play in keeping yourself healthy and reducing the spread of any infections. Here are three steps to take:

1. **Get vaccinated**, if appropriate. Vaccines for seasonal flu will be made available on campus on October 6 in Human Resources (ADM 111) and administered by Optima Health. [Sign-up at the Regent Training System](#). The cost will be \$10 for Optima members and \$20 for non-Optima members. H1N1 vaccines are expected to be available later this fall. Please consult with your personal physician to determine if you should have either or both of these vaccines.

2. **Follow good health protocols**. Eat a well-balanced diet, get plenty of rest and practice proper hygiene. Regular hand-washing is critical to reducing the spread of germs. The University is installing hand sanitizer stations at key locations around campus, and the University Bookstore will be stocking hand sanitizer for sale.

3. **Learn more about H1N1** and how to protect yourself at these resources:

www.cdc.gov/h1n1flu/

www.flu.gov/

www.vdh.state.va.us/news/Alerts/SwineFlu/index.htm

www.who.int/csr/disease/swineflu/en/