

As with many of the colleges in America, several Concordia College students have tested positive for H1N1 influenza. Those students have recovered well. Concordia College remains committed to maintaining a healthy environment for its students, faculty, staff, and community. We have received our supply of H1N1 flu vaccine and are administering the vaccine to students, faculty, and staff. All students, faculty, and staff should call our office at (914) 337-9300, extension 2243, to schedule an appointment for their vaccination. We have carried out a mass vaccination effort since November, and have even been able to provide vaccinations to our neighbors from communities throughout Westchester, Rockland, and Putnam Counties, and New York City. We also partnered with the State University of New York's Maritime College in Throgs Neck, NY, providing H1N1 vaccine to their students, Regimental Cadets, faculty, and staff.

It remains important to reinforce prevention efforts, educate our community on staying healthy, vigilantly screen, and treat those who are sick. To assist in this process, we ask you to be reminded of the following information:

H1N1 flu Q & A (answers courtesy of the U.S. Centers for Disease Control--"CDC"):

Who should get H1N1 vaccine?

CDC's Advisory Committee on Immunization Practices (ACIP) has recommended that certain groups of the population receive the 2009 H1N1 vaccine . These target groups include:

- *health care personnel with direct patient contact, including nursing students and faculty*
- *persons between the ages of 6 months and 24 years old,*
- *people ages of 25 through 64 years of age who are at higher risk for 2009 H1N1 because of chronic health disorders or compromised immune systems*
- *pregnant women*

What can we do to prevent the spread of influenza and common colds?

Take everyday actions to stay healthy.

- 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. If soap and water are not available, use an alcohol-based hand sanitizer.

There are dispensers throughout the campus.

- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Stay home if you get sick. CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

If, despite our best efforts, the cases of H1N1 increase, please know that we have an action plan in place. As always we will keep you informed of any new information.

As Governor David Paterson has declared a "State of Emergency" in New York with regard to the spread of H1N1 flu we must take extra care to prevent the spread of the disease. And, that means receiving the H1N1 vaccine and practicing excellent hygiene at all times.

Wishing you the best of health,

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