



# United States Department of the Interior

BUREAU OF INDIAN EDUCATION  
HASKELL INDIAN NATIONS UNIVERSITY

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Celebrating 125  
years of Indian  
Education

## "MEDIA ADVISORY"

**ATTENTION: Parents and Students attending Haskell Indian Nations University**

### "STUDENT" PLAN OF ACTION for INFLUENZA A (H1N1)

In addition to the information disseminated on August 24, 2009 concerning our "STUDENT" Campus Planning for the H1N1 Flu, we are providing the following updated information:

**WE STRONGLY ENCOURAGE YOU TO TALK WITH YOUR HEALTH CARE PROVIDER** to find **when you can** be vaccinated for seasonal flu **NOW** and the H1N1 flu vaccine when it becomes available in mid-October. **The Haskell Health Center will be providing flu shots on campus within the next few weeks for the seasonal flu. The information for the seasonal flu shots will be sent by email and posted at all residence halls and across campus.**

Please be aware of these warning signs in yourself and others. Individuals may have the virus three to five (3-5) days before these symptoms appear. Limit and/or avoid touching, hand-shaking, touching your mouth, nose, and eyes with your hands without first washing them with soap and water. **WASH HANDS** and/or use antibacterial gels **OFTEN**.

The following are symptoms of **H1N1**:

- Difficulty breathing, shortness of breath, or fast breathing.
- Unusual skin tone color.
- No desire to eat or drink fluids.
- Irritability.
- Body aches, headache.
- Dizziness, confusion.
- Pain/Pressure in chest or abdomen
- Flu-like symptoms improve but return with worse fever and cough

The following are seasonal **Flu Symptoms**:

- Fever, chills, sneezing, coughs, runny/stuffy nose, fatigue, and vomiting are usually experienced with the more common strains of the influenza virus.

*"Haskell...the most recognizable name in Indian Country"*

If you are experiencing any of these symptoms, and live within a sixty (60) mile radius of the Haskell Campus, **we encourage you to contact your parents and/or guardians and make arrangements to have them pick you up and allow you to fully recover at home before returning to Campus.** Public transportation is NOT recommended.

If you choose to remain on Campus, the University has a plan in place to ensure your recovery and containment. The plan is to provide student's diagnosed with **flu-like symptoms** be moved to an "ISOLATION ROOM". Meals and qualified personnel will provide twenty-four hour care for the duration of the illness and determine when return to class is allowed.

Contingency plans are under development to deal with student absences because of the flu, both during the semester and final examinations, and will be provided when finalized. Recovery is 5-10 days depending upon the severity and at least twenty-four (24) hours without the need to take medications for fever. These precautions and actions will help to curtail the spread of the disease to others on our Campus who have not contracted the flu virus.

Please be assured that the Haskell Indian Nations University is committed to providing timely information by addressing this serious health threat and is working closely with the Haskell Health Center, the State of Kansas, the University of Kansas, other universities, and the Douglas County Health Department to protect the health, safety and well-being of our students, faculty and staff.

Here are two websites that provide information and were also provided to our campus:

<http://www.cdc.gov/h1n1flu/>

<http://www.flu.gov/>

Please direct any questions and/or concerns to the Haskell Safety Office, Debra Thompson, 785-832-6608, [dthompson@haskell.edu](mailto:dthompson@haskell.edu) or Sharyn Chino, 785-832-6609, [schino@haskell.edu](mailto:schino@haskell.edu) or Jim Tucker, Director of Housing, 785-830-2703, [jtucker@haskell.edu](mailto:jtucker@haskell.edu).