



TROPICANA GARDENS

Dear Resident,

We hope that your move-in went smoothly and that you are enjoying your new home. Those of you who have yet to move-in, we are excitedly anticipating your arrival.

As we enter September, with fall right around the corner (flu season), we would like to bring you up to speed on the latest information regarding the H1N1 virus (Swine Flu). Although this virus is no longer flooding our media like it was in the spring, it is still a huge threat and precautions should be taken toward preventative measures. The purpose of this email is to bring to your attention what the California government, SBCC and UCSB are doing in order to prevent and fight this influenza. We hope that some of the precautionary tips are practiced amongst our residents in order to keep illness levels to a minimum this academic year.

Please visit the following link to see what the California government is recommending in response to this pandemic: <http://www.flu.gov/plan/school/higheredguidance.html> .

Please visit the following link to see what SBCC is recommending:
<http://www.sbcc.edu/healthservices/index.php> (click on the Swine Flu box to the right of the SBCC Student Health Services homepage).

Please visit the following link to see what UCSB is recommending:
<http://studenthealth.sa.ucsb.edu/SwineFlu.aspx>

We also wanted to give you some recommended steps that the Tropicana Gardens staff encourages you to follow to prevent the spreading of this or any other virus. We are also informing you of the steps that Tropicana Gardens would take if one of our residents became infected with this virus.

CENTER FOR DISEASE CONTROL (CDC) RECOMMENDED STEPS TO BE PROACTIVE AND PREVENT SPREADING OF THIS VIRUS :

While medical authorities do not believe there is any cause for concern, we want you to be aware of some simple things you can do to prevent the spread of any illness in our

residence hall. These tips are located on the Centers for Disease Control and Prevention website (<http://www.cdc.gov/h1n1flu/>) and are great practice for everyday life:

1. Avoid close contact with people who are sick.
2. Stay home when you are sick.
3. Cover your mouth and nose with a tissue when coughing or sneezing.
4. Washing your hands often will help protect you from germs.
5. Avoid touching your eyes, nose or mouth.
6. Practice other good health habits.
7. We recommend purchasing hand sanitizer lotion, and using it frequently.
8. Get proper amount of sleep to avoid getting sick.
9. Inform us and UCSB/SBCC Health Centers if you know of someone in Santa Barbara that has a confirmed case of Swine Flu, so that we can take more precautionary measures to protect our greater community.
10. Get an H1N1 vaccination.

TROPICANA GARDENS ACTION PLAN– WHAT WILL HAPPEN IF WE HAVE A CONFIRMED CASE OF H1N1 IN OUR BUILDING.

Tropicana Gardens will be following what the Center for Disease Control and Prevention website recommends. Please refer to their website at:

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

This website is updated daily with recommendations as to what the recommended courses of action are if a student were to get infected with H1N1 virus.

As of September 25th, 2009, the CDC specifically recommends to Colleges and Universities the following:

Recommended responses to influenza for the 2009 – 2010 academic year

Recommended strategies under current flu conditions (similar severity as in Spring/Summer 2009)

Facilitate self-isolation of residential students with flu-like illness

- Those with flu-like illness should stay away from classes and limit interactions with other people (called “self-isolation”), except to seek medical care, for at least 24 hours after they no longer have a fever, or signs of a fever, without the use of fever-reducing medicines. They should stay away from others during this time period even if they are taking antiviral drugs for treatment of the flu. (For more information, visit <http://www.cdc.gov/h1n1flu/guidance/exclusion.htm>.)
- Review and revise, as needed, policies, such as student absenteeism policies and sick leave policies for faculty and staff, that make it difficult for students, faculty, and staff to stay home when they are ill or to care for an ill family member,. Do not require a doctor’s note to confirm illness or recovery. Doctor’s offices may be very busy and may not be able to provide such documentation in a timely way.
- If possible, residential students with flu-like illness who live relatively close to the campus should return to their home to keep from making others sick. These students should be instructed to do so in a way that limits contact with others as much as possible. For example, travel by private car or taxi would be preferable over use of public transportation.
- Students with a private room should remain in their room and receive care and meals from a single person. Students can establish a “flu buddy scheme” in which students pair up to care for each other if one or the other becomes ill. Additionally, staff can make daily contact by e-mail, text messaging, phone calls, or other methods with each student who is in self-isolation.

- If close contact with others cannot be avoided, the ill student should be asked to wear a surgical mask during the period of contact. Close contact includes things like caring for or living with the ill person.
- For those who cannot leave campus, and who do not have a private room, IHEs may consider providing temporary, alternate housing for ill students until 24 hours after they are free of fever.
- Instruct students with flu-like illness to promptly seek medical attention if they have a medical condition that puts them at increased risk of severe illness from flu, are concerned about their illness, or develop severe symptoms such as increased fever, shortness of breath, chest pain or pressure, or rapid breathing.

Promote self-isolation at home by non-resident students, faculty, and staff

- Non-residential students, faculty, and staff with flu-like illness should be asked to self-isolate at home or at a friend's or family member's home until at least 24 hours after they are free of fever, or signs of a fever, without the use of fever-reducing medicines.
- Review, and revise if needed, sick leave policies to remove barriers to faculty and staff staying home when they are ill or caring for an ill family member. For students, consider altering policies on missed classes and examinations and late assignments so that students' academic concerns do not prevent them from staying home when ill or prompt them to return to class or take examinations while still symptomatic and potentially infectious.
- Do not require a doctor's note for students, faculty, or staff to validate their illness or to return to work, as doctor's offices and medical facilities may be extremely busy and may not be able to provide such documentation in a timely way.
- Distance learning or web-based learning may help students maintain self-isolation.
- Visit <http://www.cdc.gov/h1n1flu/guidance/exclusion.htm> for more information on staying home while sick.

Considerations for high-risk students and staff

- People at high risk for flu complications who become ill with flu-like illness should speak with their health care provider as soon as possible. Early treatment with antiviral medications often can prevent hospitalizations and deaths. Groups that are at higher risk of complications from flu if they get sick include: children younger than age 5; people age 65 or older; children and adolescents (younger than age 18) who are receiving long-term aspirin therapy and who might be at risk for experiencing Reye's syndrome after flu virus infection; pregnant women; adults and children who have asthma, other chronic pulmonary, cardiovascular, hepatic, hematological, neurologic, neuromuscular, or metabolic disorders such as diabetes; and adults and children with immunosuppression (including immunosuppression caused by medications or by HIV). People age 65 and older, however, appear to be at lower risk of 2009 H1N1 infection compared to younger people. But, if older adults do get sick from flu, they are at increased risk of having a severe illness.
- One of the best ways to protect against the flu is to get vaccinated against the flu. People under age 25 are one of the key groups recommended by CDC's Advisory Committee on Immunization Practices (ACIP) to be among the first to receive the 2009 H1N1 flu vaccine. For more information, visit <http://www.cdc.gov/h1n1flu/vaccination>.
- Communicate with local health officials to determine where vaccine will be administered and to discuss the possibility of a vaccination clinic at the IHE.

Discourage attendance at campus events by ill persons: Events such as football games or concerts that bring large groups together may pose a high risk of exposure and transmission of flu. Use a variety of communication methods such as e-mail, posters, flyers, and media coverage to discourage people with flu-like illness from attending these events until they have been free of fever for at least 24 hours and to encourage hand hygiene and respiratory etiquette. Explore ways to modify events to reduce close contact and increase distances between participants. IHEs may need to consider cancelling some events if modification is not possible and there is a high level of influenza activity in the community.

Encourage hand hygiene and respiratory etiquette of both people who are well and those that have any symptoms of flu: Emphasize the importance of the basic foundations of flu prevention: stay home when sick, wash hands frequently with soap and water when possible, and cover noses and mouths with a tissue when coughing or sneezing (or a shirt sleeve or elbow if no tissue is available).

Routine cleaning

- Establish regular schedules for frequent cleaning of high-touch surfaces (for example, bathrooms, doorknobs, elevator buttons, and tables).
- Provide disposable wipes so that commonly used surfaces (for example, doorknobs, keyboards, remote controls, desks) can be wiped down by students before each use.
- Encourage students to frequently clean their living quarters, including high-touch surfaces.

Additionally, we have Hand Sanitizer locations in the café and at the front office. **We highly recommend that you purchase a bottles for your suite and get into the practice of using the Hand Sanitizer to kill any germs.**

Questions about the H1N1 virus:

1. Can people catch H1N1 virus from eating pork?

No. H1N1 viruses are not transmitted by food. You cannot get H1N1 viruses from eating pork or pork products. Eating properly handled and cooked pork and pork products are safe.

2. How Does the H1N1 virus spread?

Influenza viruses can be directly transmitted from pigs to people and from people to pigs. Human infection with flu viruses from pigs are most likely to occur when people are in close proximity to infected pigs. Human-to-human transmission of H1N1 viruses can also occur. This is thought to occur in the same way as seasonal flu occurs in people, which is mainly person-to-person transmission through coughing or sneezing of people infected with the influenza virus. People may become infected by touching something with flu viruses on it and then touching their mouth or nose.

3. Is this H1N1 virus contagious?

CDC has determined that this H1N1 virus is contagious and is spreading from human to human. However, at this time, it is not known how easily the virus spreads between people.

4. What are the signs and symptoms of the H1N1 viruse in people?

The symptoms of H1N1 viruses in people are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some

people have reported diarrhea and vomiting associated with H1N1 virus. In the past, severe illness (pneumonia and respiratory failure) and deaths have been reported with H1N1 virus in people.

We believe that it is best to make our community aware so you can protect yourselves. Please be smart and safe as the new academic year begins. We are so happy you are living with us this year. We recommend that you keep informed by staying tuned to the local/national news channels or the website <http://www.cdc.gov/h1n1flu/>. For information specifically related to Santa Barbara, you can call 1-888-722-6358 or http://www.countyofsb.org/pandemic/default_H1N1.aspx?id=14790 for more updates.

Sincerely,

David Wilcox
Executive Director
Tropicana Gardens