



October 23, 2009

Flu Update

A lot of people have questions and concerns regarding the current flu (both H1N1 and Influenza A) season. In an effort to address some of the common questions, below are brief excerpts from the Center for Disease Control (CDC) website <http://www.cdc.gov/h1n1flu/> and answers to procedural questions here at Yuba College.

What should I do if I get sick?

If you get sick with flu-like symptoms this flu season, you should stay home and avoid contact with other people except to get medical care. Most people with 2009 H1N1 have had mild illness and have not needed medical care or antiviral drugs and the same is true of seasonal flu.

However, some people are more likely to get flu complications and they should talk to a health care provider about whether they need to be examined if they get flu symptoms this season.

How long should I stay home if I'm sick?

CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other things you have to do and no one else can do for you. (Your fever should be gone without the use of a fever-reducing medicine, such as Tylenol®.) You should stay home from work, school, travel, shopping, social events, and public gatherings.

What to do if you have a family member at home who is sick with 2009 H1N1 flu: Should you go to work?

Employees who are well but who have an ill family member at home with 2009 H1N1 flu can go to work as usual. These employees should monitor their health every day, and take everyday precautions including covering their coughs and sneezes and washing their hands often with soap and water, especially after they cough or sneeze. If they become ill, they should notify their supervisor and stay home.

What should I do if I've been diagnosed with H1N1?

Call your immediate supervisor and notify them.

What should I do if students in my class tell me they have H1N1?

Report the incidents to your Dean or Director.

Holiday Celebration-Friday, Dec. 4- 3pm

It is my honor to host a Winter Holiday Celebration on Friday, December 4. This festive event will be held at 3pm in Flavors and will include deliciously prepared hors d'oeuvres and desserts by Rick Pronzinski and the Culinary Arts Students. In addition, Dr. Aya Ueda's Chamber/Community Choir will also be performing.

Please save the date and I hope to see you there.

Kay

Campus Life Annual Holiday Canned Food Drive

Please help to alleviate hunger in our community by donating a non-perishable item. Collection bins are located in 100B, the ASYC office, the Cafeteria and in the Library. The drive will continue through November 6 and all the food that is collected will be donated to the Gleaners and the United Way Emergency Food Assistance Program.

Spring Semester Registration

Please help us to inform continuing students about their priority registration date:

Continuing Students Telephone and WebAdvisor Registration Dates for Spring 2010

Last 4 digits of Social Security Number	Date for Telephone or WebAdvisor Registration
0000-2500.....	Tuesday, November 17
2501-5000.....	Wednesday, November 18
5001-7500.....	Thursday, November 19
7501-9999.....	Friday, November 20

The Spring Schedule is posted on our web site, schedules will arrive on campus by Nov. 4.

*Want to know what activities are happening on campus?
Check out the Fall 2009 Calendar of Events on the Yuba College website.*