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Sent: Friday, July 31, 2009 6:17 AM
Subject: edited version of H1N1 precautions

From our Director of Communications (version edited)

Dear Parents, Guardians and Family Members of Air Force Academy Cadets

As you know, we experienced an outbreak of H1N1 flu during basic training for the Class of 2013. Our medical staff and basic training staff took immediate action to isolate those basic cadets who became ill and bring them back into training as quickly as possible. We were able to minimize the spread of the H1N1 virus.

You may have read predictions that the H1N1 flu will take an upswing during the Fall. The cadet wing returns to the Academy on the 1st of August and classes begin on the 6th.

Our medical group has worked very closely with the Commandant of Cadets and his staff as well as the Prep School staff as we look toward the return of all of the cadets and the start of the academic year.

Our plan is to screen all of the incoming cadets and evaluate them on Saturday, 1 Aug, upon their return. We will continue to follow the Centers for Disease Control guidelines for university settings. That means cadets will remain in their rooms if they contract H1N1.

Some basic information on H1N1:

- H1N1 spreads through coughs and sneezes of people who are sick with the virus, and also by touching infected objects. Seek medical care if you have been exposed to someone with H1N1 and have symptoms.
- Symptoms include fever, cough, sore throat, body aches, headache, chills and fatigue. Seek medical care if you experience any of these symptoms, even if you do not have a known exposure to someone with H1N1.
- Standard treatment for H1N1 flu is bed rest and self-isolation in their dorm room. Patients will “self-isolate” for a minimum of 7 days following illness onset and be required to be symptom free for 24 hours. This is to reduce spread of the virus to those who are healthy.

I want to reassure you that we have the best interests of the cadet wing foremost as we begin a new year.

For more information on H1N1, please visit the Centers for Disease Control Website at: www.cdc.gov

Sincerely,

David K. Cannon

Director of Communication
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