



MJ INSURANCE
SORORITY DIVISION

H1N1 Flu: Proper Precautions at the Chapter House

With classes resuming at campuses across the country, now is the time to review H1N1 (swine) flu precautions at the chapter level. Because this strain of the flu is more dangerous for individuals under the age of thirty, it is especially important that each undergraduate chapter put in place the recommended preventative measures, including the following:

- Encourage chapter members to wash their hands often with soap and water. Put posters in the bathrooms with proper hand washing techniques to serve as reminders for chapter members.
- Have waterless, alcohol-based hand gels (containing at least 60% alcohol) available throughout the chapter house. Ask chapter members to carry their own hand sanitizer for times throughout the day when soap is not available and hands are not visibly dirty.
- Promote good hygiene - ask that chapter members cover their mouths and noses with a tissue when coughing or sneezing or to try to cough or sneeze into their elbows rather than their hands. When using tissues, recommend that they be immediately and properly disposed of in a wastebasket. Sharing utensils, water bottles and bed linens is strongly discouraged.
- Promote self-isolation for any chapter members that show signs of infection – if the chapter member lives close to campus, encourage them to go home for the duration of their illness. Help them to work with the University to make up for their missed classes. If the infected chapter member lives far from campus, set aside a “sick room” for them to live in during their illness, if possible.
- Take additional precaution to clean frequently-used surfaces, such as books and countertops.
- Communicate closely with the University officials. Each University should have measures in place to deal with flu infections and any ramifications of outbreaks that may occur. The Centers for Disease Control guidelines recommend that everyone between the ages of six months and twenty-four years receive a flu vaccine when they become available sometime in October. Most likely, each University will be offering the vaccine, and it is important that you make that information available to your chapter members once the vaccine is offered.

The Centers for Disease Control recently released a new set of [precautionary guidelines and other resources](#) for colleges, and we encourage all House Corporation volunteers and House Directors to review this information in order to determine how best to prepare their properties for this flu season. In addition, keep this self-assessment quiz on-hand if you have any members that are concerned they might have contracted the virus.