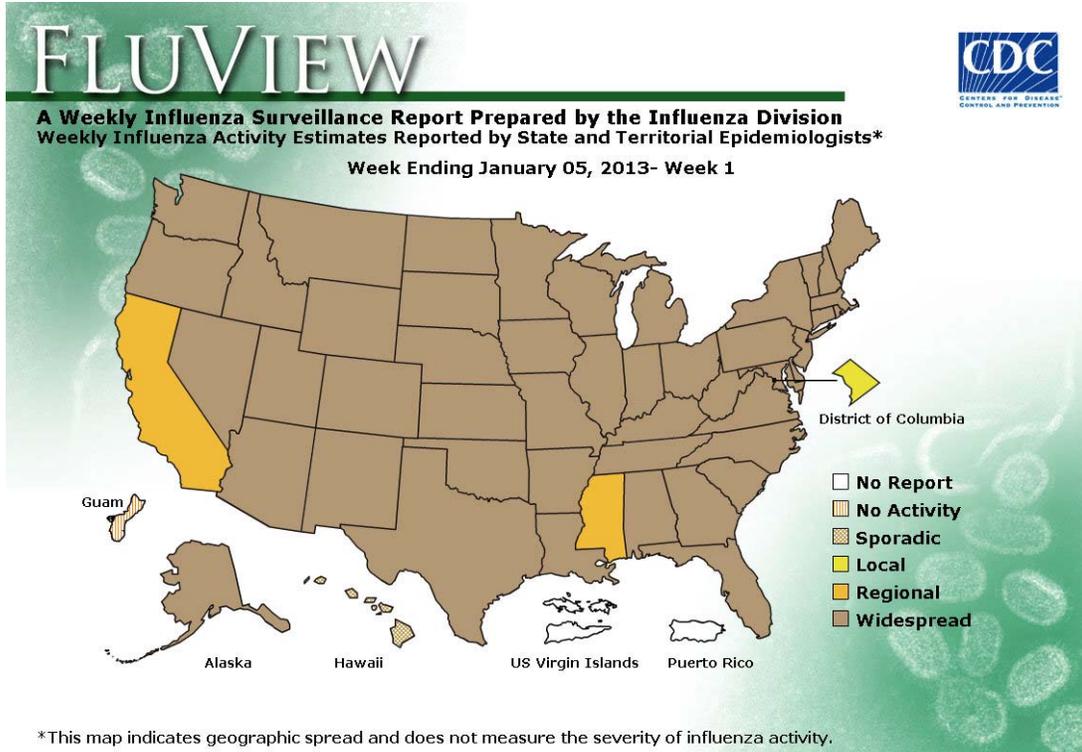


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### National Flu Outbreak

As I am sure you have heard (or experienced), this flu season is the worst we have seen in years. According to the Centers for Disease and Control, 41 states are reporting widespread cases.

Because this strain of the flu is particularly widespread, 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.

### Some additional resources

Check out the additional resources below for more information:

- [Seasonal influenza preparedness checklist](#)
- [Good habits prevent the flu](#)
- Keep track of [flu trends around the country](#)
- What you should know about the [2012-2013 flu season from the CDC](#)
- Many areas are short flu vaccines. [Check out this site](#) for information about vaccine availability in your area.
- Be aware of [the symptoms of the flu](#) in case you fall ill



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