

Dear Student,

The New Hampshire Institute of Art is aware that the seasonal flu and H1N1 will likely be present on our campus beginning this season. Precautions can be taken to help prevent the spread of the flu or flu-like symptoms. Please take the time to read this letter and do some of your research to stay healthy.

There are a few simple things that we can all do to help prevent the spread of the flu. In short these are:

- **Clean/wash your hands often.**
- **Cover your mouth and nose with your arm when sneezing.**
- **Know the symptoms of the flu.**

If you experience the flu you must take care of yourself and address your academic responsibilities. Notify each individual instructor and your advisor via email or call in a timely manner. If you live on campus please contact your RD as well. It is recommended that you contact your physician immediately. Always remember to avoid exposure to others and if at all possible isolate yourself.

The Institute will be distributing anti-bacterial soaps in restrooms and placing hand sanitizers throughout public areas on the campus. If you live on campus, the Institute is making a few dorm rooms available to residential students or their roommates who would like to isolate themselves if they experience any flu-like symptoms.

If you are concerned about preparing for a flu, which includes H1N1, and would like more information please contact Manchester Health Department (603) 624-6466. You may also do some research by visiting the Center for Disease Control's website at www.flu.gov or call 1-(800)232-4636.

Remember to look out and support one another.

Thank you,

The Institute