

Dear CSB/SJU students:

You have received several updates in the last few weeks about H1N1 influenza. Those messages identified a number of ways you can minimize your exposure to the flu. It is important that you attend class if you are not sick – you are responsible for your academic progress. This message focuses on what you should do about class work and notifying your instructors if you become ill.

*If you become sick with an **influenza-like illness (high fever, sore throat and/or cough)**:*

- **Do not go to class** until you are free of fever for 24 hours without fever-reducing medication.
- **Notify your instructors** by e-mail that you are ill with the flu and ask how to make up missed classes, tests, and assignments. If you need additional assistance about make-up work, please call the Academic Advising Office.
- **Students with influenza-like illness do not require a note from a health care professional to miss class.**

*While you are recovering from the flu, consider these strategies:*

- **Stay on schedule with your coursework.** You still are responsible for material presented during classes you miss. You will need to make arrangements with student colleagues or faculty to find out what was covered during your absence. Even if you miss classes, you remain responsible for meeting all course requirements and observing all deadlines, exam times, and other course expectations.
- **Keep up through classmates.** We encourage students to take and share notes in classes and labs. If your instructor agrees, ask a classmate to record classes or see if you can participate remotely (for example, by listening through a classmate's cell phone).
- **Stay informed.** Watch for Flu Alert e-mail updates, course updates on Moodle, and other communications from the colleges or from your instructors. Visit the CSB/SJU flu website at [www.csbsju.edu/flu](http://www.csbsju.edu/flu) for additional information.

If you have additional questions about how to meet your academic responsibilities while you are ill, please call the Academic Advising Office at x5687 or x2248.

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Provost