H1N1 Flu Virus
Important Update from Student Health

September 28, 2009

Dear Guacho Parents:

I am writing to update you on the steps UC Santa Barbara has taken to prepare the campus for the possible impact of the H1N1 flu virus (also known as “swine flu”).

The H1N1 pandemic flu is now widespread throughout the world. Fortunately, the vast majority of cases continue to be mild and, at this point, the H1N1 virus appears no more virulent or severe than most cases of seasonal flu. However, people under fifty, particularly children and young adults, appear to be more at risk for contracting this strain of flu since they have not yet had contact with a similar type of virus and lack immunity.

Cases of H1N1 have already appeared on most college campuses and, since May, we have seen multiple cases of H1N1 flu at UCSB. While the number of cases here has declined significantly during August, we expect to see increased numbers this fall, consistent with what is happening in communities and colleges throughout the U.S. We strongly encourage all members of the UCSB community to take the standard precautions from the Santa Barbara Public Health Department.

As this is happening in communities and colleges throughout the world. Fortunately, the vast majority of cases of H1N1 influenza is useful only to reduce symptoms and decrease the onset of the virus can take up to three days. If students are ill with the flu should remain at home (or in their room) for twenty-four hours after they are free from fever (less than 100.0 degrees without medication that would lower temperature). A mild, lingering cough may occur. Barring any other flu symptoms, this cough should not prevent students from returning to class.

As of this writing, we are planning to allow students who are ill with the flu to remain in campus housing with instructions to self-isolate. Healthy students are encouraged to maintain a distance of six feet from ill roommates/students.

Medication and Vaccinations

If a student is temporarily unable to keep apart from others (as of this writing, we are planning to allow students who are ill with the flu to remain in campus housing with instructions to self-isolate. Healthy students are encouraged to maintain a distance of six feet from ill roommates/students) for twenty-four hours after they are free from fever (less than 100.0 degrees without medication that would lower temperature). A mild, lingering cough may occur. Barring any other flu symptoms, this cough should not prevent students from returning to class.

As of this writing, we are planning to allow students who are ill with the flu to remain in campus housing with instructions to self-isolate. Healthy students are encouraged to maintain a distance of six feet from ill roommates/students.

The emergency response team will stage and process H1N1 flu shots for students on the first day of the fall quarter. The vaccination process will be available for purchase ($8.00) through Student Health Service—www.sa.ucsb.edu/studenthealth—details and times of flu shot clinics this fall.

UCSB students are entitled to a seasonal flu shot at no cost. In addition, students with a chronic medical condition as listed above, or who have a suppressed immune system—entitled to a seasonal flu shot at no cost. In addition, students with a chronic medical condition as listed above, or who have a suppressed immune system—should consult with Student Health to see if antiviral medication is needed.

We intend to do our best this fall to promote widespread, preventive health measures and a vigorous immunization campaign on campus. We greatly appreciate your support and urge you encourage your son or daughter to practice good hygiene and socially responsible behavior and to become immunized as soon as possible. Although we can’t completely eliminate the spread of this virus, our collective efforts can significantly diminish its reach and overall impact.

Sincerely,

Elizabeth Downing, M.D.
University Physician and Director
Student Health Service
Impact of Budget Reductions on Student Services

What exactly should you and your student expect this fall as the academic year begins? In the Division of Student Affairs, there will be reduced hours of service in many, if not most, offices—that is, shortened workdays—as well as full closures of departments on certain days of the week. Many offices may not open until 10:00 AM and may close at 3:00 or 4:00 PM or during the noon hour. Since there will be fewer staff members working overall, as well as at any given time, there will likely be longer wait periods for some services, the elimination of some services and programs, and fewer out-of-class amenities for students and their families.

Despite the budget crisis and significant funding reductions, we want parents and students to be assured that we care deeply about our students and the campus environment in which they live and learn and that we remain committed to providing a high-quality educational and co-curricular experience for all undergraduate and graduate students enrolled at UCSB. The professionals who work in student affairs are creative, resourceful, and dedicated and have already spent many hours discussing and planning for this budget reduction. We are attempting to minimize the negative impact on students and families while maintaining the exceptional educational experience for which UCSB has become known.

One outcome of the budget reduction needs to be highlighted here: Future issues of the Campus Connection will no longer be mailed to the parents of students but will be posted on the Division of Student Affairs’ Web site at www.sa.ucsb.edu/parentnewsletter. Past issues are already posted at this address, and future, bi-annual issues will be available in late March 2010 and then again in early December.

A Spanish translation of this issue will be posted at www.sa.ucsb.edu/parentnewsletter

La traducción en estará disponible en www.sa.ucsb.edu/parentnewsletter.

The UCSB Reads program has selected Enríque’s Journey by Sonia Nazario for winter 2010. Join your son or daughter in reading this gripping and moving story. Parents’ and Family Weekend will be held November 6-8, 2009. Information about this event is available at www.ua.ucsb.edu/pfw.

Commencement 2010 dates have been set for Saturday, June 6, 2010 (College of Creative Studies), and Saturday, June 12, and Sunday, June 13, 2010. Information regarding the ceremonies is available on the UCSB Commencement Web site at www.ua.ucsb.edu/commencement.

The student and parent liaison is a main point of contact on campus when your student experiences a crisis or problem, or when you have a question about how best to help or support your student. You may contact UCSB’s student and parent liaison by calling 805-893-4521 or emailing linda.nurra@sa.ucsb.edu.

UCSBBriefs

The University of California, Santa Barbara and the Division of Student Affairs recognize the diversity of our society and the many important people who have become “parents” to our students, these include stepfathers, stepmothers, stepdaughters, stepsons, uncles, aunts, grandparents, siblings, friends and others who play a significant and supportive role in the lives and success of UCSB undergraduates.

Editors: Carmelita Blevins
Copy Editor: Debbie Fleming
Contributors: Rebecca Romano, Allen Fleming, Brenda Bemis, Belford

Office of the Vice Chancellor for Student Affairs
University of California
Santa Barbara, CA 93106-2036

If you need this document in an alternative format, please call (805) 893-4521.
www.sa.ucsb.edu/parentnewsletter

Campus Connection is printed on recycled paper.