Welcome to Hillsborough Community College. We are very excited to begin this academic year and are pleased that you have selected HCC. I want to provide you with some important information about the H1N1 (Swine) Flu and the preparations that we have been making at the college as we prepare to enter this year’s flu season. It is critical that we all work together to help prevent the spread of the H1N1 Flu virus and good hygiene continues to remain the best precaution.

Here are a few facts that you should know:

Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people, and there are many common sense approaches to help keep you safe and healthy:

- Cover your nose and mouth with a tissue when you cough or sneeze and throw used tissues away after use.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective and the college has added hand sanitizing stations throughout high traffic areas on all campuses as additional protection.
- Avoid touching your eyes, nose or mouth. Germs are easily spread that way.
- Stay home if you get sick. The Centers for Disease Control (CDC) recommend that you stay home from work or school and limit contact with others to keep from infecting them.

Please let your professors know immediately if you become ill. If you have been ill, the faculty and the College will work with you either to make up your work or to find a solution ensuring that you do not suffer a grade penalty because of your illness. The health of the HCC community is very important to us and we want to ensure its preservation.

The CDC web-site contains updated information on the spread of the virus and is a great place to find the most current information on the H1N1 virus. [http://www.cdc.gov/h1n1flu/#stay_healthy](http://www.cdc.gov/h1n1flu/#stay_healthy)

In addition to Hawkmail and Campus Cruiser, the College will use Hawk Alert in case of emergencies or closures. Please subscribe to HCC’s text messaging service as this will be one of the communication tools used by the college in the event of a closure if a flu pandemic occurs. [http://www.hccfl.edu/alerts/](http://www.hccfl.edu/alerts/)