



Seward County Community College ♦ Area Technical School

September 9, 2009

Dear SCCC/ATS Parent,

I still remember how hard it was for me to drive away when my oldest son was beginning his first year in college. How are you doing since your son/daughter left for college? It is not always easy for the parents, but let me assure you that your son/daughter is in good hands.

Now that we are in the fourth week of the semester, I thought I would update you on a few items:

1. Welcome week activities – go to www.sccc.edu for a quick look at some of the welcome week pictures. Students really seemed to enjoy the activities during welcome week. Please encourage your son/daughter to get involved in campus activities this year.
2. H1N1 Flu – You have probably heard about the “new” flu that is starting to spread around the country (H1N1 or Swine Flu). Here is what we are recommending.
3. As a parent of a student who attends SCCC/ATS, should I bring them home if they get flu like symptoms?

If possible, residential students with flu-like illness whose families live relatively close to the campus should go home to self-isolate. They should stay away from other people until at least 24 hours after they no longer have a fever. This should be determined without the use of fever-reducing medications (any medicine that contains ibuprofen or acetaminophen). If flu severity increases, students at higher risk for flu complications due to certain chronic medical conditions such as heart disease, diabetes, or asthma, or who are pregnant may consider staying home while flu transmission is high in their community.

We will be using the college webpage to update parents, students, and staff regarding the H1N1 flu. (Please see the attached flyer that was given out to resident housing students).

4. Crusader Newspaper – The Crusader is the student newspaper at www.sccc.edu. If you want to learn what is happening on campus, I would encourage you to go on the SCCC/ATS website and visit the Crusader link. If you would like a paper copy sent to you, please call our admissions office at 620-417-1102 and staff will put you on the Crusader mailing list.

5. Staying in Touch – It seems like this generation is really into text messaging. It is something that is still fairly new to me, but when I need to reach a student, that seems to be the quickest way. Having said that, a text message will never replace a care package in the mail with some homemade goodies, a hometown newspaper, or some special token of remembrance.
6. Contact Us – Last, but certainly not least, please feel free to contact us if you have any concerns about your son/daughter. We would be happy to address any request you might have.

Congratulations on the journey of getting your son/daughter into college. On behalf of the college, I would like to thank you for choosing Seward County Community College/Area Technical School. Go Saints!

Sincerely,

Celeste Donovan
Dean of Students



What to do if you have the FLU?

(A guide for students living in campus housing)

If you have flu like symptoms:

(fever, flushed in appearance, shivering and/or sweating, diarrhea, vomiting, cough and/or sore throat)

- Tell an RA or housing staff member.
- Do not go to classes or student life activities.
- Notify your instructors by e-mail.
- You are encouraged to call your parents.
- If you live close to your home, you may be encouraged to go home until 24 hours after you no longer have a fever.
- If you cannot go home, you may be asked to stay in your room until 24 hours after you no longer have a fever.
- Meals will be arranged to be brought to your room.
- If you have a chronic health condition such as asthma, diabetes or heart condition, then you should talk with a health care provider. (Seward County Health Department: 626-3369)

The key is to stay healthy:

- Practice good hand hygiene.
- Practice respiratory etiquette – (cover your mouth and nose when you cough or sneeze)

