

*Volume 31, Number 18, September 7-20, 2009*

## **TIPS ON AVOIDING H1N1 (SWINE) FLU**

Matt Moustakas, TWU director of environmental safety and health, has issued the following on the H1N1, or swine flu virus.

As fall classes begin at TWU, the Office of Risk Management will continue to monitor the H1N1 situation with the university administration and will take additional precautions as the situation requires in accordance with local and state health departments and CDC guidelines.

### **Symptoms of H1N1**

The symptoms of the H1N1 flu are similar to those of regular flu, including fever or chills *and* cough, sore throat, body aches, and headache. Some report vomiting, diarrhea, and fatigue.

### **Personal Precautions**

Precautions should be considered by everyone for the duration of concern about the flu. Such precautions include:

- **Practice good hand hygiene** by washing your hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.
- **Cover your mouth and nose with a tissue when you cough or sneeze.** If you don't have a tissue, cough or sneeze into your elbow or shoulder, not into your hands. Avoid touching your eyes, nose, or mouth; germs are spread this way.
- **Know the signs and symptoms of the flu.** A fever is a temperature taken with a thermometer that is equal to or greater than 100 degrees Fahrenheit or 38 degrees Celsius. Look for possible signs of fever: if the person feels very warm, has a flushed appearance, or is sweating or shivering.
- **Stay home or at your place of residence if you are sick** for at least 24 hours after you no longer have a fever (100 degrees Fahrenheit or 38 degrees Celsius) or signs of a fever (have chills, feel very warm, have a flushed appearance, or are sweating). This should be determined without the use of fever-reducing medications (any medicine that contains ibuprofen or acetaminophen). *Students or*

*employees in a health care setting must not return for 7 days from symptom onset or 24 hours after you no longer have a fever or signs of a fever, **whichever is longer**. This includes **all** health science majors.* Staying away from others while sick can prevent others from getting sick too. Ask a roommate, friend, or family member to check up on you and to bring you food and supplies if needed.

- **Talk to your health care provider** to find out if you should be vaccinated for seasonal flu and/or 2009 H1N1 flu. Students should call Student Health Services at 940-898-3826.

### **Custodial Precautions**

The custodial services department of Facilities Management and Construction (FMC) currently uses a disinfectant that is effective against many pathogens, including influenza. The use of this disinfectant is a normal part of the cleaning procedures conducted by custodial services daily, with the exception of high traffic areas and most restrooms, which are cleaned twice daily. Additionally, all of the cleaning products used by custodial service are disinfectant products as well as cleansers.

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### **PULITZER PRIZE NOMINEE TO SPEAK AT SYMPOSIUM**

Dr. Yvonne Thornton, the first African-American woman in the U.S. to be board certified in high-risk obstetrics and a Pulitzer Prize nominee for her family's biography "The Ditchdigger's Daughters," will serve as the keynote speaker during Texas Woman's University's annual "The Power of a Healthy Woman Symposium" Sept. 19.

Adult women are encouraged to attend the half-day event. The symposium will be held from 8:30 a.m. until 12:15 p.m. Saturday, Sept. 19, in the MCL Auditorium. Registration is \$20 on site. For more information, go to [www.twu.edu/ce](http://www.twu.edu/ce).

Featured speakers also include Dr. Nancy Granovsky, regent's fellow, professor and family economics specialist with the Texas AgriLife Extension Service; Dr. Abigail Tilton, TWU assistant social work professor and social work program director; Dr. Carol S. Ireton-Jones, executive vice president of the Professional Nutrition Therapists organization; and Dr. Wasim A. Haque, a private practice physician in Lewisville.

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### **TWU NEWS NOW ON TWITTER, FACEBOOK**

Texas Woman's University now has additional ways to disseminate news and information to its community and beyond via TWU News updates on Twitter and Facebook.

TWU News on Twitter and Facebook will link to university news and updates,

emergency alerts, various announcements and more. For more information, visit [www.twu.edu](http://www.twu.edu).

To receive user updates or “tweets” on TWU News via Twitter, go to [www.twitter.com/twunews](http://www.twitter.com/twunews).

To become a “fan” of TWU News on Facebook, go to [www.facebook.com/pages/Denton-Dallas-Houston/TWU-News/105330282369](http://www.facebook.com/pages/Denton-Dallas-Houston/TWU-News/105330282369).

TWU’s main Facebook page address is [www.facebook.com/pages/Denton-TX/TWU/116762704823](http://www.facebook.com/pages/Denton-TX/TWU/116762704823).

In addition to Twitter and Facebook, TWU also has a channel on YouTube at [www.youtube.com/user/TexasWomansUniv](http://www.youtube.com/user/TexasWomansUniv).

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## **FACULTY, STAFF INVITED TO JOIN IN RACE FOR THE CURE®**

TWU is inviting faculty and staff to join students, alumni and the community as TWU Pioneers for the Cure during the 2009 Komen Race for the Cure® in Houston and Dallas.

The Houston race will be held at 8 a.m. Saturday, Oct. 3 at Sam Houston Park. To register, visit [www.komen-houston.org](http://www.komen-houston.org), click on “Register,” then “Join an Existing Team” and choose the “TWU Houston Pioneers for the Cure.”

The Dallas race will be held at 8 a.m. Saturday, Oct. 17 at North Park Center in Dallas. To register, visit [www.komen-dallas.org](http://www.komen-dallas.org), click on “Race,” then “Join an Existing Team” and choose the “TWU Pioneers for the Cure” team.

The cost for each race is \$30 per participant. Participants will receive an official race packet from Komen, which will include the Race for the Cure T-shirt. They also will receive a TWU Pioneers for the Cure team T-shirt, which the team will wear at the race, and a maroon nylon backpack to carry in the race.

Buses will be provided from the Denton and Dallas campuses to the Dallas race. All participants who want to ride the bus from Denton must sign up at the Fitness Center in Jones Hall on the TWU Denton campus. The cost is \$5, which includes breakfast and transportation to and from the event. Limited space is available, so early registration is recommended.

In 2009 — the first year TWU organized a Pioneers for the Cure team in Houston — the TWU team was recognized for having the largest education team in the Houston race. TWU has had the largest educational team in the Dallas race since 2005.

For more information about TWU Pioneers for the Cure, visit [www.twu.edu/komen](http://www.twu.edu/komen). For

information about the Houston team, call 8-4-2157. For information about the Denton/Dallas team, call 8-1-2940.

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## NEWSBRIEFS

*Information and news about activities, programs or TWU people may be sent to the Office of Marketing and Communication through campus mail or by e-mail to [info@twu.edu](mailto:info@twu.edu). The deadline to receive information is the first and third Tuesday of each month at 5 p.m. for the following week. Student information for the "People" section is not published unless it is submitted by or in conjunction with a faculty member and that faculty member's related activities.*

The TWU community is invited to follow the experiences of the TWU students studying abroad at Harlaxton College this fall through the **TWU Harlaxton Facebook public page**. Nine students left for England on Aug. 27 to begin their semester abroad.

Students will post photos and comments about their travels throughout the semester, and members of the TWU community can respond. The page was set up by the Office of Alumni Relations and will be promoted to alumni encouraging them to participate and encourage our students throughout the semester. Those who have a Facebook account may search Facebook groups for TWU Harlaxton and sign on as a "fan." They then will be able to comment and post. Those who do not have a Facebook account may still view the posts and comments by going to [www.twu.edu/alumni](http://www.twu.edu/alumni) and clicking on the TWU Harlaxton icon.

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## UPDATE ON TWU PEOPLE

*Please submit "People" items (faculty and staff only) to the Office of Marketing and Communication by campus mail or by e-mail to [info@twu.edu](mailto:info@twu.edu). Include first and last names (no initials, please) and appropriate titles (ie. Dr.)*

Condolences are offered to the family and friends of **Melissa McClung**, associate clinical professor in the TWU School of Occupational Therapy on the Denton campus. Ms. McClung passed away Aug. 28, 2009. A memorial service was held Aug. 30 in Denton, with internment following in Lafayette, La.

**Anna Dewell-Bussart** (College of Arts & Sciences) had her documentary, "Women @ Work," featured this summer in Chick Flicks, a WomenInFilm.Dallas yearlong film series.

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## **THE NEXT TWO WEEKS AT TWU: SEPTEMBER 7-20, 2009**

Mon., Sept. 7	-Labor Day holiday; university closed.
Tues., Sept. 8	-Library open 7:30 a.m.-midnight; bookstore open 8 a.m.-5 p.m.; Fitness and Recreation open 6 a.m.-midnight.
Wed., Sept. 9	-Library open 7:30 a.m.-midnight; bookstore open 8 a.m.-5 p.m.; Fitness and Recreation open 6 a.m.-midnight. -Pioneers Volleyball vs. Texas Wesleyan, 7 p.m., home.
Thur., Sept. 10	-Library open 7:30 a.m.-midnight; bookstore open 8 a.m.-5 p.m.; Fitness and Recreation open 6 a.m.-midnight.
Fri., Sept. 11	-Library open 7:30 a.m.-10 p.m.; bookstore open 8 a.m.-3 p.m.; Fitness & Recreation open 6 a.m.-midnight. -Pioneers Soccer vs. Texas Wesleyan, 1 p.m., home. -Pioneers Volleyball vs. Oklahoma Panhandle State and UT-Permian Basin, 3 p.m. and 8 p.m., away.
Sat., Sept. 12	-Library 9 a.m.-6 p.m.; bookstore closed; Fitness and Recreation open 8 a.m.-6 p.m. -Pioneers Softball vs. Odessa College, Northeast Texas CC and Vernon College, 9 a.m.-5 p.m.-7 p.m., home. -Pioneers Volleyball vs. Texas A&M International and Incarnate Word, 12:30 p.m. and 5:30 p.m., away.
Sun., Sept. 13	-Library open 2 p.m.-midnight; bookstore closed; Fitness and Recreation open 2-10 p.m. -Pioneers Soccer vs. St. Edward's, 1 p.m., home.
Mon., Sept. 14	-Library open 7:30 a.m.-midnight; bookstore open 8 a.m.-6 p.m.; Fitness and Recreation open 6 a.m.-midnight.
Tues., Sept. 15	-Library open 7:30 a.m.-midnight; bookstore open 8 a.m.-5 p.m.; Fitness and Recreation open 6 a.m.-midnight.
Wed., Sept. 16	-Library open 7:30 a.m.-midnight; bookstore open 8 a.m.-5 p.m.; Fitness and Recreation open 6 a.m.-midnight.
Thur., Sept. 17	-Library open 7:30 a.m.-midnight; bookstore open 8 a.m.-6 p.m.; Fitness and Recreation open 6 a.m.-midnight. -Constitution Day, 2:30 p.m., MCL Auditorium. Free. -Pioneers Volleyball vs. Tarleton State, 7 p.m., away.

- Fri., Sept. 18      -Library open 7:30 a.m.-10 p.m.; bookstore open 8 a.m.-3 p.m.;  
Fitness and Recreation open 6 a.m.-midnight.  
-Pioneers Soccer vs. Houston Baptist, 4 p.m., away.
- Sat., Sept. 19      -Library open 9 a.m.-6 p.m.; bookstore closed; Fitness and  
Recreation open 8 a.m.-6 p.m.  
-Heart Walk, 8 a.m., North Lakes Park in Denton. Join the TWU  
Smart Hearts team in a 5K walk to support the American Heart  
Association. Free registration. For more information, email  
[healtheducation@twu.edu](mailto:healtheducation@twu.edu).  
-Pioneers Softball vs. Texas State, 11 a.m., away.
- Sun., Sept. 20      -Library 2 p.m.-midnight; bookstore closed; Fitness and Recreation  
open 2-10 p.m.  
-Pioneers Volleyball vs. Texas A&M-Kingsville, 2 p.m., away.

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