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I work, live or attend classes in Storrs, at the law school or a regional campus. What can I do to help avoid getting the flu?

Practice respiratory etiquette – cough and sneeze into tissues, your arm or elbow, not into your hands. Stay at least six feet away from others if you or others are coughing or sneezing.

Practice good hand washing techniques – wash hands often with soap and water, especially after sneezing or coughing; wash your hands thoroughly for between 20 and 30 seconds.

Use hand sanitizers – when soap and water are not available, use alcohol-based hand sanitizers. Purchase a hand sanitizer and carry it with you.

Avoid touching your eyes, nose, or mouth as this easily spreads germs.

Stay healthy – get plenty of sleep; exercise appropriately; manage your stress; eat nutritious foods; and drink plenty of liquids.

Get a yearly flu shot and watch for information about the availability of the H1N1 vaccine.

Be prepared – purchase items that you might need, including a thermometer, hand sanitizer, tissues, acetaminophen, ibuprofen and appropriate food supplies.

Avoid contact with others who are ill.

Know the symptoms of the flu – symptoms of the flu include fever, muscle aches, headache, cough and runny nose. If you have these symptoms, please consult your healthcare provider and keep your distance from others to protect them from being infected. Storrs students may consult Student Health Services at (860)486-3427. Follow any medical advice you receive.

Stay home from work or school and avoid contact with others if you are ill -- if you live with roommates in a residence hall but your family home is within driving distance, strongly consider going home until you have recovered – meaning more than 24 hours without a fever without the use of fever-reducing medication.

What measures is the University currently taking to reduce spread of the flu?

The University has purchased and will distribute to students limited supplies of items such as hand sanitizers, tissues, fever reducing medications, fever thermometers. Surgical masks will be available for use by those who are infected to help reduce the spread of viruses in the event of an outbreak. Additionally, we are advising all students, faculty and staff to practice the prevention methods listed above. Should an outbreak occur, the university will take additional steps to help reduce the spread of the flu on campus. These steps will be clearly and widely communicated to the entire university community.

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Should I be wearing a face mask?

The CDC does not recommend the use of surgical face masks by healthy people in public settings as a preventative measure. If you are sick, wearing a mask may help to protect others by preventing the spread of the H1N1 virus when you sneeze or cough. Surgical masks will be available to students at SHS for these situations and are also available for purchase at local pharmacies and many stores.

I am a student and believe I may have the flu – what should I do?

If you are exhibiting flu symptoms, do not go to class or work or other group activities. Consult with your healthcare provider and notify your professors and/or employer that you will not be in class or at work. (Storrs students may consult with Student Health Services at 860-486-3427.) Follow any medical advice you receive. You may be advised to take acetaminophen (Tylenol,) naproxen (Aleve) or ibuprofen (Advil, Motrin) to reduce the fever. Avoid close contact with others. When you leave your bedroom, wear a surgical face mask. Tylenol, Advil and Motrin are available for purchase by students at Student Health Services and at local pharmacies and many stores. Surgical face masks are also available at many stores. If you share a bedroom with a roommate and your family home is within driving

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distance, make arrangements to return home. Do not use public transportation to return home. You should return to school only after you have been fever-free for 24 hours without the use of a fever-reducing medication. Make arrangements with your professors to cover missed assignments.

Will I be given antiviral medication to take if I get the flu?

The current recommendation from the CDC is that otherwise healthy individuals not be given antiviral medication unless severely ill. Antiviral drugs are reserved for use primarily for hospitalized patients with confirmed or suspected influenza and patients who are high risk for seasonal flu complications. Student Health Services will follow CDC guidelines for use of these medicines.

My roommate has the flu – what should I do?

In addition to practicing good hygiene, outlined above, to reduce the chances that the virus will spread, you and your roommate should avoid contact with one another until the ill roommate has recovered, meaning at least 24 hours without flu symptoms without the use of fever-reducing medication. If you share a bedroom with the roommate and have family home within reasonable driving distance, consider commuting to and from class and/or work until your roommate has recovered.

I am a parent. What should I do if my son or daughter becomes ill while at UConn?

Be assured that Student Health Services has a full medical staff able to advise and care for ill students registered at the Storrs campus. Storrs students with flu symptoms, particularly those with a medical condition that puts them at increased risk of severe illness from flu, should consult with Student Health Services (860-486-3427) or their healthcare provider and follow any medical advice they receive. Students should inform their professors that they will not be in class and make arrangements to make-up any assignments. We would anticipate that any ill student who has a family home within a reasonable driving distance will go home until they have recovered, meaning 24 hours without flu symptoms without the use of fever-reducing medication. Because many students do not have their own transportation, we ask that parents arrange to pick their son or daughter up from campus to transport them home for the duration of their illness. This will reduce the chances that the illness will spread from the ill student to his or her roommates and the larger community.

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Will classes be canceled in the event of an outbreak?

The University will carefully monitor any outbreak of the flu and share information and recommendations. If a flu outbreak becomes severe, the University will work in conjunction with the Connecticut Department of Public Health and the Centers for Disease Control to determine whether it is appropriate to cancel classes for a period of time or take other measures. Should this occur, the University expects that students who live within a reasonable driving distance would return home until classes resume. If a student is unable to return home (for example, international students, or students whose families live a great distance away) the University will ensure that enough dining halls and students services – including Student Health – will remain open and available for those who remain on campus.

Will flu vaccinations be available for students, faculty and staff?

Student Health Services will sponsor a seasonal flu vaccination clinic in late September or early October. H1N1 vaccine will be distributed by the federal government in mid-fall. UConn will offer these vaccinations to students according to CDC guidelines (see the SHS website.) Faculty and staff are asked to receive the vaccine from their private healthcare providers.