

To: Wesleyan student, staff, faculty and parents:

This year's flu season has occurred early and is widespread. In order to prepare you for the start of the spring semester, please review these simple steps to prepare.

Make sure you have these basic supplies:

- A simple electronic thermometer
- Hand sanitizer
- Disinfectant spray or wipes for use on shared workspaces such as desks in classrooms
- Tissues
- Over-the counter symptom relieving medicines like ibuprofen or Tylenol (remember that aspirin and products containing aspirin can be dangerous for those of you under 19 if you have the flu).

Practice good hand hygiene

- Wash your hands with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners also are effective, and we encourage you to carry one with you.

Practice respiratory etiquette

- 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.

Get a seasonal flu shot (it is not too late)!

- Shots are widely available this year through your primary care provider, most local pharmacies, or local Departments of Health. It takes about two weeks after receiving the vaccine to develop immunity. You can also use this link to find a flu shot: www.flu.gov and use your zip code for flu vaccine finder.

If you do become ill, please remember that influenza is highly contagious. It can often last for over 7 days; all the more reason to take steps to avoid it.

▪ **If you have a flulike illness, stay home or go home**

If you have a fever over 100° F or symptoms of fever (chills, night sweats) accompanied by cough, body aches, sore throat, runny nose, headache, or fatigue, you may have a flu-like illness. Don't go to class or work. Contact your primary care provider or the Davison Health Center for advice or if needed, an appointment. There will be a dedicated nurses line (860 685-2653) for your questions. If you have a chronic medical condition, such as asthma or diabetes, please request an appointment with a provider.

▪ **If you are absent, please notify your professor.** For more information, please see:

www.wesleyan.edu/healthservices/geninfo/medicalexuses.html

For the most up-to-date information on flu, visit www.flu.gov, or www.ct.gov/dph/cwp/view.asp?a=3115&q=500340