

The Student Health Service has begun to see large numbers of students with influenza “the flu”. Typical symptoms include sudden onset of fever, body aches, headaches, sore throat, cough, and fatigue. Influenza is typically a self-limiting illness that last from 5-7 days. Influenza is a highly contagious illness that is easily spread in a classroom setting.

The purpose of this e-mail is to inform faculty, staff and students of this outbreak and to encourage appropriate public health measures with respect to class attendance and participation in other mandated activities.

The CDC (Centers for Disease Control and Prevention) recommends that anyone with symptoms of influenza stay home from work and/or school until the fever associated with the illness has been resolved for at least 24 hours. These individuals should stay home from work, school, travel, shopping, social events, and public gatherings.

To reduce the spread of this illness, students who are experiencing symptoms of the flu should not attend class, labs, or other gatherings in other settings including social gatherings, the library and eating in public dining venues. [Meal Tickets](#) are available and can be obtained from your RA or the dining services website. Please read the [Student Health Service’s FAQ about the Flu](#) for more information.

The Student Health Service and CDC are ***strongly encouraging*** individuals to ***get the flu vaccine***. The “flu shot” is still the most effective way to become protected against the flu. Flu vaccines are available at the Student Health Service Monday- Friday 9-4 without an appointment. The vaccine can also be obtained at local pharmacies.

In addition to receiving your vaccine, the following tips can help prevent spreading the flu:

- Wash your hands often with soap and water.
- Avoid touching your eyes, nose, and mouth.
- Cover your nose and mouth with a tissue when you cough or sneeze.
- If you are sick, avoid close contact with others.

Please visit [shs.wfu.edu](http://shs.wfu.edu) for information about the flu, how to care for yourself (medications), meal tickets and prevention of illness.

Additional general information about the flu can be found from CDC:

<http://www.cdc.gov/flu/keyfacts.htm>