

Wayne State College

H1N1 Flu Information for Students

Students:

You have probably heard much about the H1N1 flu- it is highly contagious and similar in symptoms to seasonal flu. Wayne State College has developed campus plans and guidelines for the upcoming flu season.

We are asking students, faculty and staff who exhibit flu symptoms to stay home until they have been fever-free without the help of fever-reducing medications for 24 hours. If students residing in residence halls become ill, we recommend they go home until they are well if they live close enough to do so. We are asking faculty to adjust class attendance policies so that students who do the right thing by staying away from campus with flu symptoms are not penalized.

For now, here is what we all can do stay healthy and keep WSC operating as usual:

Maintain a healthy lifestyle through rest, diet, exercise, and relaxation.

Wash your hands frequently with soap and water or use an alcohol-based hand cleaner.

Cover your coughs and sneezes with a tissue, or cough and sneeze into your elbow.

Keep frequently touched surfaces clean, such as telephones, keyboards, doorknobs, etc.

Don't spread the flu! If you are sick with flu-like illness, stay home. Symptoms of flu:

- 1) Fever of 100 degrees or more AND
- 2) Cough or
- 3) Sore Throat
- 4) Could also have body aches, no energy, runny nose, no appetite, upset stomach.

The Center for Disease Control recommends people stay home if they are ill with flu-like illness until at least 24 hours after they are free of fever without the use of fever-reducing medicines.

Get vaccinated against seasonal flu, when vaccine is available in your area.

If you are at higher risk for H1N1 flu complications you should receive the H1N1 flu vaccine when it becomes available. People at higher risk for H1N1 flu complications include pregnant women and people with chronic medical conditions (such as asthma, heart disease, or diabetes). For more information about priority groups for vaccination, visit www.cdc.gov/H1N1flu/vaccination/acip.htm For the most up-to-date information on flu, visit www.flu.gov, or call 1-800-CDC-INFO (232-4636).

WSC will continue to notify you by e-mail and on http://www.wsc.edu/newscenter/flu_information/ of any additional changes to WSC's strategy to prevent the spread of flu on our campus.

Jeff Carstens
Vice President, Dean of Student