

# Influenza and Illness on Campus This Fall

8/27/2009

UCF Health Services welcomes you to campus for the fall semester. Our professional health care workers are dedicated to helping you stay healthy so you can succeed in your classes and enjoy your UCF experience.

The H1N1 virus, also known as the swine flu, will be a health challenge for UCF and our country this fall. Staff and faculty members are doing everything we can to prevent the virus from spreading, and we urge you to take charge of your own health.

Wash your hands often with soap, water or alcohol-based hand sanitizer. 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. Avoid touching your eyes, nose, or mouth; germs are spread that way.

**Know the signs and symptoms of the flu.** They include a temperature of at least 100 degrees Fahrenheit, a cough, a sore throat, a runny nose and body aches.

## Steps To Take If You Are Ill

If you have those symptoms, stay home until at least 24 hours after you no longer have a fever and are not taking fever-reducing medications. While at home, you should stay in a separate room and avoid contact with others. If others are caring for you, we encourage you to wear a mask when they are in the room.

**Drink plenty of clear fluids (such as water, broth and sports drinks) to keep from becoming dehydrated. Do not share food or drinks.**

UCF advises you to contact your professors or academic advisers through your Knights e-mail account or by telephone about classes and assignments that you may miss. Professors may set deadlines, makeup and attendance policies that take into account the fact that students should stay home if they are sick.

**If your condition worsens, if you have a chronic health condition or if you are pregnant, we encourage you to make an appointment with your physician or UCF Health Services.**

The best way to prevent the spread of flu is by vaccination. We will be offering seasonal flu vaccinations early in the semester, and a separate vaccine against H1N1 flu is expected to become available in October. Both vaccines will be available on campus, and we will send you more information in the coming weeks.

You can call Health Services at 407-823-2701 or visit [www.ucf.edu/flu](http://www.ucf.edu/flu) for more information. Our entire Health Services staff wishes you a successful and healthy semester.