

TO: UGA Students

FROM: Dr. Rodney D. Bennett
Vice President for Student Affairs and
Dean of Students

Dr. Jean Chin
Executive Director
University Health Center

RE: H1N1 Flu and Seasonal Flu Information

The University of Georgia continues to monitor the worldwide H1N1 flu pandemic and recommendations from the Centers for Disease Control. To date, all students who have been diagnosed with influenza have recovered or are recovering. We need your assistance to limit the impact of the flu on this campus and have provided some information for your review.

To limit exposure to respiratory infectious diseases and remain healthy:

1. Cover your nose and mouth with a tissue when you cough or sneeze and then discard the tissue in the trash.
2. Wash your hands often with soap and water, especially after you cough or sneeze or use alcohol based hand cleaners.
3. Avoid touching your eyes, nose, or mouth.
4. Avoid close contact with sick people.
5. Get the seasonal flu vaccine and the H1N1 vaccines when available.

Symptoms of seasonal flu and H1N1 are identical and include fever (100 degrees Fahrenheit), sore throat, muscle aches, cough, runny nose, and fatigue. Other symptoms may include nausea, vomiting, and diarrhea.

What To Do If You Develop Flu-like Symptoms

- ❑ All students have been assigned to a primary care provider at the Health Center. If you develop symptoms and need to see your provider, make an appointment online at www.uhs.uga.edu or call your primary care clinic.

Clinic phone numbers:

Medical Clinic Blue 706 542-8654
Medical Clinic Gold 706 542-8609
Medical Clinic Green 706 542-8650
Medical Clinic Red 706 542-8636
Urgent Care Clinic 706 542-5048

- ❑ If you are diagnosed with flu or influenza like illness (ILI) you should return to your off campus home and remain there until you no longer have fever or have signs of a fever (chills, feel very warm, have flushed appearance) without the aid of fever reducers (such as Tylenol or ibuprofen). Do NOT take aspirin or aspirin containing products.
- ❑ If you are diagnosed with flu or ILI and live on campus and **cannot** return home you should self isolate in your room and remain there until you are free of fever without the aid of fever reducers. If you live with a roommate, wear a mask to decrease the risk of spreading the virus.
- ❑ Students who receive treatment at the University Health Center will receive verification of the date and time of their visit to the Health Center. No medical “excuses” are provided. Only instructors have the authority to excuse students from class.
- ❑ Students who receive treatment from a community physician should seek verification of their visit from that provider.
- ❑ Notify your instructors by phone or electronically of your inability to attend class.
- ❑ Seek immediate medical attention if you develop worsening symptoms such as increasing fever, shortness or breath, chest pain or pressure or rapid breathing.

Urgent Care Clinic is open in the evenings until 8PM and on Saturday and Sunday from 10A-5P.

If you have questions about the flu, call the Health Center flu information line at 706 542-8631 between 8A-8P Monday through Friday and 10A-5PM Saturday and Sunday.

Additional information is available at the Health Center website at www.uhs.uga.edu