



Student Health Services

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2009-2010 Influenza Doctor's Notes

Mason Faculty, Staff and Students,

Student Health Services does not provide medical excuses (Doctor's Notes) for missed classes or missed work because of flu-like illness.

The CDC recommends that professors and employers allow absences due to flu-like illness, in efforts to encourage and maintain self-isolation. Additionally, the CDC advises professors and employers not to require "Doctor Notes" because of the high burden this request places on healthcare facilities during this extremely busy 2009-2010 influenza season.

The majority of influenza patients do not need to be seen by a healthcare provider at Student Health Services. Self-care instructions are available on the Student Health Services website and/or over the phone with a nurse. Influenza patients are only encouraged to seek medical attention if they are in a high risk group or their symptoms become severe (i.e. difficulty breathing).

Thank you.