

2009-2010 Influenza

Dear Parent,

George Mason University is concerned about any flu virus circulating, not only H1N1 flu. We will monitor and follow the guidelines of Centers for Disease Control and Prevention (CDC) and public health officials.

Symptoms:

Symptoms of H1N1 flu are similar to the symptoms of seasonal flu and may include some combination of:

- Fever > 100° F
- Sore throat
- Stuffy nose
- Cough
- Headache
- Body aches and/or fatigue

What to do if Your Student is Sick:

- If you suspect that your student has symptoms of H1N1 flu, or seasonal flu, have them check their temperature (RAs have thermometers).
- Ask your student to rest, drink plenty of fluids, and take Tylenol (acetaminophen) for fever.
- Encourage your student to call Student Health Services at 703-993-2831, especially if they have chronic diseases such as asthma, heart disease, diabetes, or are pregnant. When Student Health Services is not open, please see after-hours options:
<http://shs.gmu.edu/hours/#emergency>
- Encourage your student to stay in isolation (limit contact as much as possible) until at least 24 hours after they no longer have a fever without the use of fever reducing medication.
- Encourage your student to use masks if they have to leave their room; for example, if they need to seek medical attention.
- As recommended by CDC, if you live relatively close to campus, consider taking your sick student home.

General Precautions and Prevention Tips for Your Student:

- 1) Limit contact with ill persons.
- 2) Cover your mouth when you sneeze or cough. If you cough into a tissue, throw it in a waste basket immediately.
- 3) Wash your hands with soap and water and/or use alcohol based sanitizing gels.

- 4) If you think you are ill with flu, stay home and limit close contact with others (as much as possible) until you are free of fever for 24 hours without the use of fever reducing medication.
- 5) Call your doctor if you have severe respiratory symptoms, such as trouble breathing or chest pain.
- 6) **If you have been in close contact with someone with the flu and you have a chronic medical condition, such as diabetes, please CALL Student Health Services or your healthcare provider for advice.**
- 7) Get vaccinated for seasonal flu (available at Student Health Services in mid-October), and for H1N1 flu when available (expected at the end of October).
- 8) Have your personal and/or family preparedness plan in place and ready to activate: <http://www.pandemicflu.gov/plan/individual/checklist.html>
- 9) Follow the news and stay aware of new 2009-2010 flu developments.
- 10) Encourage your student to check emails regularly and read emails regarding flu updates.

Information Links:

- Student Health Services: <http://shs.gmu.edu>
- Centers for Disease Control and Prevention: <http://www.cdc.gov/h1n1flu/>
- Virginia Department of Health: <http://www.vdh.virginia.gov/>

If you have any questions about George Mason Universities' flu preparedness plan, please visit:

<http://respond.gmu.edu>

Thank you for your corporation,

Student Health Services