

What RAs Should Know About 2009-2010 Influenza

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:

- Provide students with thermometers to check temperature if they think they have a fever.
- Provide sick students with masks and encourage use.
- Help students with flu-like illness to call Student Health Services at 703-993-2831 for medical advice or if their symptoms get worse (examples: having trouble breathing, chest pain, or confusion).
- When Student Health Services is not open, please see after-hours options:
<http://shs.gmu.edu/hours/#emergency>
- Encourage students 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.
- Assist students with food and drink delivery as needed.

Basic Precautions and Prevention Tips:

- 1) Encourage all students to wash hands with soap and water and/or use alcohol based sanitizing gels.
- 2) Encourage all students to get vaccinated with both seasonal flu vaccine and H1N1 flu vaccine, once available.
- 3) Encourage sick students to clean common surfaces with disinfectant wipes.
- 4) Students should limit contact with ill persons.
- 5) Follow the news and stay aware of 2009-2010 flu developments.
- 6) Encourage students to check emails regularly and read emails regarding flu updates.

Information Links:

- Student Health Services: <http://shs.gmu.edu>
- For additional information, please visit <http://respond.gmu.edu>
- Centers for Disease Control and Prevention: <http://www.cdc.gov/h1n1flu/>

- Virginia Department of Health: <http://www.vdh.virginia.gov/>