

## 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:

According to the CDC, 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 you suspect that you have symptoms of H1N1 flu, or seasonal flu, please call Student Health Services at 703-993-2831 for medical advice. If you are instructed to visit Student Health Services for further evaluation, please ask for a mask when you arrive.

When Student Health Services is not open, please see after-hours options:

<http://shs.gmu.edu/hours/#emergency>

### Basic Precautions and Prevention Tips:

- 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 medicines. Rest and drink lots of fluids. Take Tylenol (acetaminophen) for pain and fever.
- 5) Call your doctor if you have severe respiratory symptoms, such as trouble breathing or chest pain.
- 6) Have your personal/family preparedness plan in place and ready to activate:  
<http://www.pandemicflu.gov/plan/individual/checklist.html>
- 7) Follow the news and stay aware of new 2009-2010 flu developments.
- 8) Check emails regularly and read emails regarding flu updates.

### Information Links:

- 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>