

Influenza 2020: What You need to Know from Health Service

February, 6, 2020

Dear Siena Community,

Health Services has seen an increase in the number of students with influenza like illness in the past week. We have had 8 lab-confirmed cases of Influenza; 3 cases of Influenza A and 4 cases of Influenza B. The New York State Department of Health reports Influenza activity as geographically widespread for the week ending 1/25/20; 15,012 lab confirmed cases (48% A and 52% B) Influenza is a **contagious** respiratory virus that is spread person-to-person by direct or indirect contact with the droplets produced by an infected person when they cough or sneeze.

SYMPTOMS are sudden onset and more severe.

-Fatigue, -Fever above 100, -Chills, -Headaches and /or Body aches,
-Cough and /or Sore Throat, -Runny Nose, -Diarrhea

Here are the precautions you can take to help avoid the flu:

1. **Wash Hands Often** -Wash your hands often with soap and water, especially after coughing or sneezing. Use Alcohol-based hand sanitizers often.
2. **Cover Your Mouth** -Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder; not into your hands.
3. **Avoid Touching Your Eyes, Nose and Mouth**- Germs are spread this way.
4. **Clean Often** - **Disinfect surfaces and objects that maybe contaminated by germs with antibacterial wipes.**
5. **Avoid close contact**- maintain a 3 feet distance with others who are sick
6. **Take care of your immune system**- **Get plenty of sleep, exercise and eat healthy foods.**
7. **Get Your Flu Shot...** **The single best way to prevent the flu is to get a flu vaccine each season. CVS and local pharmacies offer flu shots on a walk in basis at no cost to you billed through your insurance company.**

Students: If you do become ill with flu like symptoms- please contact the Health Services [\(518\)783-2554](tel:5187832554) option #1 to speak with the nurse.

Employees: If you do become sick with flu like illness, please contact your supervisor.

In order to minimize the spread of the virus and recover as expected, it is recommended people with fever and flu symptoms should **Stay Home to Self isolate** until:

- You no longer have a fever (100 degrees Fahrenheit or 38 degrees Celsius) for at least 24 hours without the use of fever reducing medication such as Tylenol ;
- You no longer have signs of a fever (have a fever (100 degrees Fahrenheit or 38 degrees Celsius) for at least 24 hours without the use of fever reducing medication such as Tylenol, Advil, Ibuprofen
- You no longer have signs of a fever (have chills, feel very warm, have a flushed appearance, or are sweating).

For more information about the flu, visit:
<http://www.health.ny.gov/diseases/communicable>

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