

December 4<sup>th</sup>, 2025

Dear Siena Community,

**The NYS State Health Commissioner has determined that [influenza activity is now prevalent](#) in NYS.** Health Services has seen an increase in the number of students with influenza-like illness and 4 lab confirmed cases of Influenza A this week.

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.

**FLU 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

**DIAGNOSIS: Get a test...** Since both Flu and COVID symptoms are similar, a diagnostic test is needed for confirmation. <https://www.cdc.gov/flu/symptoms/flu-vs-covid19.htm>

**PRECAUTIONS:** 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 may be 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. All 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 covid or flu like symptoms- please contact the Health Services [\(518\)783-2554](#) option #1 to speak with the nurse.**

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

In order to minimize the spread of the flu 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 and no longer have chills, feel very warm, have a flushed appearance, or are sweating **AND**
- Your symptoms are resolving.

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

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