

Flu Information for YOU From the University Health Center

Welcome UO students. All of us here at the Health Center wish you a successful and healthy academic year. We have had a very busy summer preparing for the flu season, which is already here. Please see below for more information on this important topic.

Seasonal flu shots are here and we encourage everyone to get their shot. No appointment necessary. Just drop by the Health Center's Nurse Specialty Clinic, located on the main floor, from 9-11:30 a.m. or 1-4 p.m. The charge is only \$15.00 and you may pay by cash, check or bill your Oregon Hall account.

We anticipate receiving H1N1 vaccine sometime between mid to late October. Information changes daily, but currently we are hearing that it will require only one shot to be effective. This is good news. The CDC has set criteria for who will be eligible to receive the vaccine and most students should qualify. We will have all that information posted on our website once we receive H1N1 vaccine. You may also call our flu information line at (541) 346-4444.

We encourage you to take care of yourself and protect your immune system by doing the following:

- Cough or sneeze into your elbow or a tissue, not your hands
- Wash your hands with soap and water a minimum of 20 seconds. Use antiseptic gel containing at least 60% alcohol when soap and water are not available. Soap and water are as effective as the gel.
- Get your rest.
- Eat well and don't skip meals.
- Exercise.
- Manage your stress. You may join our Relax and Renew meditation class to learn how to cope with stress. This class is only \$15 for all six, one hour sessions. It is offered Wednesdays from 5-6 p.m. beginning the third week of each term and ending the 8th. For fall term the class runs from October 14th – November 18th. Call (541) 346-2770 for more information and to register.
- Drink plenty of non-alcoholic fluids.
- Don't smoke. Smoking compromises the immune system and irritates the lungs.
- Don't share eating utensils, food, cups etc.

We also ask that you make some preparations ahead of time should you get the flu. This is particularly important for students who live off-campus. Students in the Res Halls do not need to stock up on food.

Below is a list borrowed from WebMD by Miranda Hitti:

1. Make a back-up plan. Know what to do if you need to miss classes. Find out from each faculty member their requirements should you miss class.
2. Have a buddy that will help you out should you get sick. Someone to grocery shop, help with meal prep, check in on you etc.

3. Stock up on supplies such as tissue, fever-reducing medicines, thermometer and liquids.
4. Stock up on comfort foods which include items easy to swallow if you have a sore throat. Items such as soup, macaroni and cheese, yogurt, tea etc.
5. Take care of your hands. You will be washing your hands a lot even if you don't get the flu. Treat yourself to a really nice soap and lotion.
6. Have a DVD on hand to watch if you can no longer concentrate on homework.
7. Know your risk. More to come in the article on this.
8. Stay away from others as much as possible. Recommendation is at least six feet.
9. Put the Health Center's phone number on your cell phone for fast calling. Our number is (541) 346-2770 and remember this connects you to a nurse when we are closed.
10. Know symptoms that demand **immediate** medical attention. These include the following:
 - If you are unable to stand or have confused thinking.
 - If your temperature is greater than 104° F, or if you have difficulty breathing.
 - If you are unable to take fluids or if you have not urinated for more than 12-16 hours.
 - If you have a headache and fever associated with persistent, severe vomiting with or without a rash.
 - If you have flu symptoms and you have potentially complicating chronic medical conditions.

Chronic medical conditions include diabetes, asthma, heart or kidney disease, weakened immune system, blood disorders and pregnancy. You should get the vaccinations AND should you get the flu you should seek medical treatment immediately. Call the Health Center and speak with a nurse for instructions.

In addition, here are some other symptoms that everyone should pay attention to. If you display these symptoms please call the Health Center when we are open. If closed, you may also call our number and speak with a nurse for instructions. Symptoms include:

- Sore throat: with the inability to swallow liquids, white/yellow spots in throat or increased pain after three days
- Fever: higher than 101° F for several days, shaking chills
- Cough: with chest pain, wheezing, shortness of breath, foul smelling, brown, bloody phlegm
- Runny nose and sneezing: with foul smelling, brown, bloody mucus, and severe sinus/facial pain
- Headache: with blurred vision or dizziness, persistent severe vomiting, stiffness in your neck or back, mental confusion, or severe headache with a fever greater than 101 F and rash anywhere on body

Please call the Health Center at (541) 346-2770 and ask if you should come in if you are sick. We ask that you don't just drop in. Most students can recuperate at home and will not need to seek treatment. Please stay home, which means NOT going to class, drink

plenty of non-alcoholic fluids and get your rest. We ask that you stay home for at least 24 hours after your fever is gone without use of fever-reducing medications. Again, if you have questions for a nurse and we are closed you may call this same number, press 1, and you will be connected to a nurse who will advise you on what to do until we are open. In addition, you may go to our website and click on the After Hours/Emergency link for more information.

Take care this flu season, take precautions and get the vaccines. Remember that the Health Center is here and that we have over-the-counter items at our pharmacy. Please stock up ahead of time or ask a friend to purchase for you if you are sick.

Health Center Hours

M-F 9am-5pm and Saturdays from 10am-2pm.

Appointments or after hours nurse advice line: (541) 346-2770

<http://healthcenter.uoregon.edu>.

Again, welcome to the UO to all of you who are new students and welcome back to all of you that are returning students. We hope you have a great academic year.