

## COMMUNICATIONS C

Dear University of Utah Parent:

We are excited for the start of a new academic year at the University of Utah and are looking forward to welcoming your student. While we anticipate many exciting happenings over the next several months, such as the continuation of learning, research and a great football season, we also recognize that the upcoming flu season may be different from previous flu seasons. As most of you are aware, not only will we have the typical seasonal flu, but we are also expecting to have a continuation of H1N1 influenza virus (Swine Flu). We would like to ask for your help in reminding your student of some basic precautions they can take to help prevent the spread of this or any contagious disease.

**Know the Symptoms:** Symptoms of H1N1 flu virus in people are similar to the symptoms of seasonal flu and include fever, cough, sore throat, runny nose, body aches, headache, chills and fatigue. A significant number of those infected with H1N1 flu have also reported diarrhea and vomiting. Symptoms that would require immediate medical attention include difficulty breathing, pain or pressure in chest or abdomen, sudden dizziness, confusion, persistent or severe vomiting, flu-like symptoms improve but then return with fever and worse cough. If any of these symptoms occur, the student should see a health care provider as soon as possible.

### **Practice Basic Public Health Hygiene**

- **Cover your nose and mouth with tissue or the inside of your elbow when you cough or sneeze and then throw tissue in trash.**
- **Wash your hands often with soap and water or alcohol-based hand cleaners.**
- **Periodically clean your keyboard and mouse.**
- **Avoid touching your eyes, nose and mouth or sharing books, pens, or other classroom items.**
- **Try to avoid close contact with sick people.**

### **Practice Prevention**

- **If you are sick with flu-like symptoms, stay home for at least 24 hours after your fever is gone. Stay away from others as much as possible. If you have worsening symptoms, contact your health care provider.**
- **Get seasonal flu and H1N1 vaccine as they become available.**
- **Prepare a “Flu Kit” which may include hand sanitizer, tissue, ibuprofen (Advil), acetaminophen (Tylenol), and fluids for hydration**
- **Make sure your student is knowledgeable of their health care insurance and clinic options in the event they need to see a healthcare provider. The Student Health Center on campus (581-6431) is one affordable option if they are not insured.**

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Basically, we ask that your son or daughter use good health practices and common sense during this flu season. The best learning environment is one where students and faculty take care of their own health and are considerate for the health of other. For the latest information, go to [www.alert.utah.edu](http://www.alert.utah.edu).

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