

Flu is a serious contagious disease !

Flu seasons are unpredictable and can be severe. Over a period of 30 years, between 1976 and 2006, estimates of flu-associated deaths in the United States range from a low of about 3,000 to a high of about 49,000 people.

This flu season is worse

This virus may infect more people and make them sicker than usual.

Flu-like symptoms include:

- Fever (100.4F or higher)
- Headache
- Extreme fatigue or tiredness
- Muscle aches, often severe
- Dry cough
- Runny or stuffy nose
- Sore throat
- Vomiting
- Sometimes diarrhea
- **Note: A sore throat and runny nose without a fever, extreme fatigue and body aches is more likely to be a cold than the flu.**

**If you have these symptoms:
Call the Student Health Center
540-654-1040
or
Contact your medical provider**

**For more information:
Department of Health and Human
Services Center for Disease Control
and Prevention**

<http://www.cdc.gov/flu/>

or call

800-CDC-INFO

Virginia Department of Health

<http://www.vdh.state.va.us/>

or call

877-ASK-VDH3

WebMD
Better information. Better health.

<http://www.webmd.com/cold-and-flu>

**University of Mary Washington
Emergency Management
and Safety**

Emergency Management 540-654-2096
Emergency Communications 540-654-1025
Institutional Fire Safety Office 540-654-2108

**Student Health Center
Reception Desk 540-654-1040**



Emergency Management and Safety



WHAT IS THE FLU VIRUS?

Influenza (the flu) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. Some people, such as older people, young children, and people with certain health conditions, are at high risk for serious flu complications. The best way to prevent the flu is by getting **vaccinated** each year.....



DO YOU KNOW WHAT TO DO ABOUT THE FLU.....



Take these everyday steps to protect your health

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- Eat a balanced diet with a variety of foods including fruits, vegetables, lean protein and whole grain products. Drink plenty of water and limit salt, sugar, saturated fats and alcohol.
- Exercise on a regular basis and get plenty of rest.
- **If you are sick with flu-like illness, the CDC recommends that you stay isolated in your dorm room or home for at least 24 hours after your fever is gone (without the aid of acetaminophen or ibuprofen) except to get medical care. Contact a friend or caregiver to bring food and supplies if needed. Have them leave them in a safe place for you to access from your living quarters. (Keep away from others as much as possible to keep from making others sick.)**



The University of Mary Washington is actively working with the Virginia Department of Health, the City of Fredericksburg and the Rappahannock Area Health District to prepare our community for the Flu. With your help, both

Fredericksburg and our Mary Washington family will have the necessary support needed to fight the flu this season.

If you think you have the flu, call Student Health **540.654.1040 BEFORE** coming to the Student Health Center located in Lee Hall.

How long can a sick person spread flu to others?

People infected with flu shed virus and may be able to infect others from 1 day before getting sick to about 5-7 days after getting sick. This can be longer in some people, especially children and people with weakened immune systems. This means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.

Flu spreads directly from person to person. The best way we can stop an epidemic is for infected students, faculty and staff to stay in their room or home. Be courteous and isolate yourself from non-infected people and we can slow or prevent the spread. If you must go out, wear a mask.

The University academic program will attempt to make accommodations for individuals affected by the virus.



Quick Facts about Flu Vaccine and Antiviral Drugs

- CDC recommends a **yearly seasonal flu vaccine as the first and most important step in protecting against seasonal flu.**
- The seasonal flu vaccine protects against the seasonal viruses that research suggests will be most common that year.
- Vaccination is especially important for people at high risk of serious flu complications, including young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older.
- Seasonal flu vaccine also is important for health care workers, and other people who live with or care for high risk people to prevent giving the flu to those at high risk.
- People at greatest risk for Flu infection include children, pregnant women, and people with chronic health conditions like asthma, diabetes or heart and lung disease
- If you get the flu, antiviral drugs can treat your illness. These drugs can make illness milder and shorten the time you are sick.
- Antiviral drugs work best when started in the first 2 days of symptoms to treat people who are very sick (such as those who are hospitalized) or people who are sick with flu symptoms and who are at increased risk of severe flu illness.