



Student Health Services  
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Dear UCSC Student,

We wish you a healthy, enjoyable and productive year as you return to class next week. To assist you with your academic success, we are writing to inform you of important health information related to H1N1 influenza or the seasonal flu. As you may know, flu can be spread easily from person to person and while the vast majority of adults recover within 5-7 days, there have been rare hospitalizations and even deaths from this infection in otherwise healthy college students. Therefore, we are taking steps to prevent the spread of flu at UCSC. **But we need your help to accomplish this.**

Here are a few simple but important things you can do to help:

- **Practice good hand hygiene** by washing your hands with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners also are effective.
- **Practice respiratory etiquette** by covering 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. Avoid touching your eyes, nose, or mouth; germs are spread this way.
- **Know the signs and symptoms of the flu.** The flu is different from a typical cold in that it usually begins abruptly and is associated with muscle aches, headache, chills and fever. A fever is a temperature taken with a thermometer that is equal to or greater than 100 degrees Fahrenheit or 38 degrees Celsius. Look for possible signs of fever: if the person feels very warm, has a flushed appearance, or is sweating or shivering.
- **Stay home if you have flu or flu-like illness for at least 24 hours after you no longer have a fever.** (100 degrees Fahrenheit or 38 degrees Celsius) or signs of a fever (have chills, feel very warm, have a flushed appearance, or are sweating). This should be determined without the use of fever-reducing medications (any medicine that contains ibuprofen or acetaminophen). It is very important you don't go to the dining hall, recreation center, parties, class or work if you are still having fever. E-mail your instructor to let him or her know you have the flu and you will be absent until your fever has resolved for 24 hours. Consider wearing a facemask to lessen spread of illness to your roommates. Ask a friend to get you a boxed meal to go from dining services. Unless you need to go out for medical care, it is best to stay home to lessen the spread of the illness. If you take the shuttle bus or public transportation, please put on a face mask to lessen the spread of the illness to others.

Keep the emergency rooms and hospitals free to treat severe illness. Students with mild illness will not need to go to the Student Health Center or Emergency room for treatment. If you are not sure if you need a medical evaluation, you may call the UCSC Student Health Center Student

Influenza advice line (831-459-2591) for guidance. Beginning on the first day of classes, September 24, this advice line will be staffed by a licensed health professional weekdays from 9-5 while school is in session. Please call the UCSC Student Health center appointment line at 831-459-2500 if you would like to make a same-day appointment. Most people with flu-like illness will recover without the need to see a doctor or take prescription medicine.

- **Talk with your health care providers about whether you should be vaccinated for seasonal flu.** Also if you are at higher risk for flu complications from 2009 H1N1 flu, you should consider getting the H1N1 vaccine when it becomes available. People at higher risk for 2009 H1N1 flu complications include pregnant women and people with chronic medical conditions (such as asthma, heart disease, or diabetes). For more information about priority groups for vaccination, visit [www.cdc.gov/h1n1flu/vaccination/acip.htm](http://www.cdc.gov/h1n1flu/vaccination/acip.htm). We have scheduled in October multiple campus locations for seasonal flu vaccine clinics that students may conveniently drop in and receive the seasonal flu vaccine. Please check the Student Health Center website for updates on locations and dates of seasonal flu vaccine clinics. The H1N1 vaccine clinics will be scheduled on campus as soon as we receive our supply of this vaccine from the Public Health Department.

For more information about flu in our community and what our institution is doing, visit [www.ucsc.edu/flu](http://www.ucsc.edu/flu). As described earlier, you may also call the UCSC Student Health Center Student Influenza advice line (831-459 2591) for guidance and the UCSC Student Health center appointment line (831-459-2500) if you would like to make a same-day appointment.

For the most up-to-date information on flu, visit [www.flu.gov](http://www.flu.gov), or call 1-800-CDC-INFO (232-4636).

We will notify you of any additional changes to our institution's strategy to prevent the spread of flu on our campus.

Please consider sharing this letter with your parents and other family members so that they are aware of the steps UCSC has taken to prepare for this potentially dangerous infection.

Sincerely,

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