


MEMORANDUM

TO: University Community

FROM: Dr. Ayana Elliott, DNP, APRN, FNP-C 
Director, University Health Services

SUBJECT: Influenza (“flu”) and Other Viral Illnesses

The season for the flu and other upper respiratory illnesses has begun. We are encouraging everyone to take steps to control the spread of these viruses to reduce associated risks to our students, staff, and faculty. Your help is very important. There are certain precautions you can take that could have a significant impact. We ask for your cooperation in the following recommended precautions:

- Avoid contact with others if you have signs and symptoms of respiratory illness such as fever (greater than 37.8 Celsius/100 Fahrenheit), nasal congestion, cough, sore throat, body aches, diarrhea or vomiting.
- If you have symptoms visit or contact your health care provider for care/treatment.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in trash after you use it.
- Wash your hands often with soap and water or alcohol based hand cleaners, especially after you cough and sneeze.
- If you do get sick, **stay home** from work or school and limit contact with others so you don't infect them.
- If you have not had a flu shot it is not too late. Visit a health clinic or University Health Services, building 44 room A40 on the Van Ness campus for a free flu shot.