

Important Information for On-Campus Students Regarding the H1N1 Virus

Texas A&M University officials are carefully monitoring the H1N1 virus situation and are planning for the possibility of increased cases of flu-like illnesses in the weeks and months ahead. To help prevent the spread of the virus, if you experience flu-like symptoms we strongly encourage you to practice self-isolation and not go to classes or work until you are without fever for a 24-hour period, without having to use medication to reduce fever. Also, please avoid public transportation if experiencing flu-like symptoms.

Flu-like symptoms include:

- Sudden onset of fever over 100 degrees F
- Sore throat and/or cough
- Nausea, vomiting and/or diarrhea

If you get sick, you are advised to return home for the recommended self-isolation period if you live near College Station and if you have someone who is not ill who can assist in driving you home. Residence Life staff will identify appropriate housing accommodations for ill students, in the event that self-isolation is not possible, and/or a student cannot return home. Please notify your Resident Advisor or Hall Director if you believe that you are experiencing flu-like symptoms.

You may also contact the Dial-a-Nurse 24-hour Nurse Advice Line at 979-458-8379 for advice about whether to seek medical evaluation and/or how to care for yourself. Antiviral medications, if started within the first 48 hours of onset of symptoms, may reduce the length of illness. Antiviral medications are appropriate for some, but not all, persons with flu-like symptoms.

Arrangements for food (breakfast, lunch and dinner) can be made by printing out a Sick Tray Request Form found at <http://diningservices.tamu.edu/sicktrays.stm> and having a friend take the completed form, along with your ID, to a dining center for food pick up. The Sick Tray Request form authorizes a friend to use your ID to pick up food for you.

The Student Health Services annual flu campaign will be held October 7 and 8 on campus, and you are strongly encouraged to get the seasonal flu shot (not H1N1) during this event. The H1N1 vaccination also will be offered to students when it becomes available.

The H1N1 virus is spread primarily by personal contact with infected individuals. Below are a few measures you can take to help prevent the spread of the illness:

- Stay home if you are sick – Isolate yourself from other people as much as possible, and do not go to class or work until you have been without fever for 24 hours without using anti-fever medications (acetaminophen, ibuprofen, etc).
- Cover your cough.
- Wash your hands frequently.
- Avoid touching your eyes, nose and mouth.

With the growing concern about the spread of H1N1, efforts have intensified campus-wide to help ensure the safety of the Aggie family. Thus, residence hall staff will be wiping down common areas frequently with disinfectants – this includes railings, doorknobs, tables, chairs, flat surfaces, etc. We encourage you to consider adopting this practice in your residence hall rooms to help prevent the spread of the flu.

Again, this dynamic situation is being closely monitored by university, state and federal officials and we will continue to update you as new information becomes available. Also, please visit the Student Health Services website at <http://flu.tamu.edu>.

Further Resources:

Center for Disease Control (CDC) - <http://www.flu.gov>

Texas Department of State Health Services - <http://www.texasflu.org>

TAMU Emergency Preparedness - <http://www.tamu.edu/emergency/procedures/flu.html>