

UPDATE ON FLU SEASON

Some students on campus are experiencing flu-like symptoms that are possibly related to the H1N1 or other circulating viruses.

Consequently, we urge you to be cautious, exercise good hygiene and use preventative measures just as you would during any normal flu season:

- Wash hands thoroughly and frequently.
- Use hand sanitizer in absence of facilities necessary for hand-washing.
 - There are hand sanitizer dispensers in each residence hall/house.
- Avoid touching your eyes, nose or mouth, as germs spread in this manner.
- Seek help at the Student Health Center if you become unwell
- Cover your mouth and nose with a tissue when you cough or sneeze, or use the inside of your elbow to block the spread of droplets when coughing or sneezing

- If you should become sick with the flu, go home if you are able. If you must stay on campus, please stay in your room until your fever has been gone for at least 24 hours.
 - Disposable thermometers are available in your hall or area office to monitor your fever.
 - Arrangements can be made to have boxed meals delivered to you if you are on the meal plan.

The University will continue to closely monitor the flu situation, and will keep us informed with periodic updates. Please see our Residence Life web page at www.shsu.edu/~hou_www/ for updates on this and other information, or visit the Student Health Center page at www.shsu.edu/healthcenter for more information.

