MARIST HEALTH SERVICES
Student Center 350
Monday – Friday 9a – 9:30p; Sat-Sun 12n – 4:45p
845-575-3270 (-3275 fax) Health.services@marist.edu

FLU and YOU
Welcome to campus from Marist Health Services!  Our job is to help keep you healthy and informed.  We are working closely with the Dutchess County and New York State Departments of Health to monitor H1N1 influenza information and prepare for seasonal influenza.

OUR RECOMMENDATIONS:

1) Practice good hygiene (see below).
2) Have a thermometer, fever/pain reliever (acetaminophen, ibuprofen), tissues, “no touch” wastebasket or trash can and liners, antimicrobial wipes and hand sanitizer in your dorm room.
3) Carry tissues and hand sanitizer or wipes in your bag or backpack.
4) Plan to get a flu shot.  We expect to give both seasonal influenza and H1N1 vaccine via on-campus flu clinics that will be announced in October.  There will be a modest cost for each vaccination; cash and checks will be accepted.
5) Stay up to date about flu recommendations, campus health alerts, and Student Health 101 online magazine via our web page www.marist.edu/healthservices

6) Know the signs and symptoms of the flu and influenza-like illness(ILI):
   a. Fever (100 degrees Fahrenheit or 38 degrees Celsius) or chills and cough or sore throat
   b. Possible signs of fever: feeling warm, being flushed, sweating, shivering
   c. Flu may also cause runny nose, body aches, headache, tiredness, diarrhea, or vomiting

7) IF YOU BECOME SICK WITH INFLUENZA-LIKE ILLNESS (see below), DO NOT GO TO COMMUNAL ACTIVITIES, INCLUDING MEALS AND CLASSES.  Please phone 845-575-3270 to let us know that you are ill and to get advice from a health professional.  Please also let your RA or RD know via phone that you are ill – put these numbers into your cell phone!
8) Designate a “flu buddy.”  If one of you becomes ill, the other can check in at least daily and facilitate meals, supplies, and communication.

If you develop influenza or influenza-like illness, you must stay away from public activities until you have been symptom-free, including fever (off fever-reducing medicine) for 24 hours.  Students who live within driving distance are encouraged to go home while they are ill.  Marist faculty are aware of the influenza absence policy and will work with students for alternate education delivery as needed.

GOOD HEALTH AND HYGIENE PRACTICE

1) Avoid close contact with those who are or may be sick
2) Stay home when you are sick
3) Practice good respiratory etiquette:
   a. Cover your mouth and nose with a disposable tissue when coughing or sneezing
   b. Dispose of tissues in a waste receptacle (don’t touch the trash)
   c. Clean your hands
   d. Do this every time you cough or sneeze!
4) Clean your hands often and appropriately
   a. Wash with soap and water for 20 seconds
   b. Dry thoroughly with a clean paper towel or hand dryer
   c. Use alcohol-based hand sanitizer when soap and water are not available
   d. Wipe shared surfaces and items with disinfectant cleaners
5) Avoid touching your eyes, nose, or mouth, as this transfers germs
6) Practice other good health habits
   a. Get plenty of sleep, be physically active
   b. Stay well-hydrated, eat nutritious foods
   c. Manage your stress; stay connected with friends and family.
IF FLU CONDITIONS BECOME MORE SEVERE

If this year’s flu season becomes more severe, we may need to take the following additional steps to prevent the spread of the virus:

- Allow those at higher risk for complication of flu to stay home from classes or leave campus for a time
- Find ways to increase social distances (the space between people) in classroom settings
- Extend the self-isolation time for sick individuals to at least 7 days
- Suspend classes. This decision will be made together with local and state public health officials. The length of time will depend on the goal of suspending classes as well as the severity and extent of illness.

COMMUNICATION ABOUT INFLUENZA

Notification of any changes in Marist College’s strategy to prevent the spread of flu on campus will be posted on the MHS webpage: [www.marist.edu/healthservices](http://www.marist.edu/healthservices). Any change in the status of the College will be communicated to students using all campus media: website, email, student newspaper, and Marist TV.

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

FYI: COLD OR FLU?*
(or maybe Strep throat?)

<table>
<thead>
<tr>
<th>SYMPTOM</th>
<th>COLD</th>
<th>FLU</th>
<th>STREP</th>
</tr>
</thead>
<tbody>
<tr>
<td>FEVER (OVER 100)</td>
<td>Uncommon</td>
<td>Common, sometimes high (104)</td>
<td>Common, sometimes high (102)</td>
</tr>
<tr>
<td>ONSET</td>
<td>Gradual, over a few days</td>
<td>Abrupt, over several hours</td>
<td>Gradual, over a day or two</td>
</tr>
<tr>
<td>BODY ACHES</td>
<td>Mild</td>
<td>Severe</td>
<td>Uncommon</td>
</tr>
<tr>
<td>FATIGUE</td>
<td>Mild</td>
<td>Profound</td>
<td>Mild</td>
</tr>
<tr>
<td>COUGHING</td>
<td>Mild</td>
<td>Moderate-severe</td>
<td>Uncommon</td>
</tr>
<tr>
<td>SNEEZING</td>
<td>Common</td>
<td>Uncommon</td>
<td>Uncommon</td>
</tr>
<tr>
<td>STUFFY NOSE</td>
<td>Common</td>
<td>Uncommon</td>
<td>Uncommon</td>
</tr>
<tr>
<td>SORE THROAT</td>
<td>Mild if present</td>
<td>Mild if present</td>
<td>Moderate to severe</td>
</tr>
<tr>
<td>HEADACHE</td>
<td>Mild if present</td>
<td>Supportive measures</td>
<td>Common</td>
</tr>
<tr>
<td>TREATMENT</td>
<td>Supportive measures</td>
<td>Antiviral prescription if higher risk for complications</td>
<td>Requires treatment with prescription antibiotic</td>
</tr>
</tbody>
</table>

*This is a guide to assess your symptoms, not a substitute for medical evaluation and diagnosis.

Call the Marist Health Services at 845-575-3270 if you have questions about your symptoms or want to make an appointment for evaluation.