



STUDENT HEALTH CENTER H1N1 UPDATE

September 22, 2009

The Center for Disease Control has identified colleges and universities as places where the H1N1 virus can be easily spread. Healthcare Providers in the Student Health Center are seeing an increased number of students with flu-like symptoms. In most of those cases, the symptoms have been mild and students experience a relatively quick recovery. Since we are anticipating a significant increase in the number of flu cases over the next few months, a Student Health Center Annex has been set up on campus to house both male and female students with the anticipation of preventing further spread of the virus and we are providing 24-hour nursing coverage for that area.

For those students exhibiting flu-like symptoms (fever, chills, cough, runny nose, sore throat, body aches, fatigue, etc.) who live in the general area, we are asking parents to pick them up if at all possible. Once students are free of a fever for 24 hours (less than 100 degrees without taking fever-reducing medications) and the other symptoms have subsided, they may return to their residence halls and resume classes. This time frame could be from three to seven days.

The VSU Student Health Center is working closely with the Chesterfield Health Department and Epidemiology officials to monitor conditions and make the best health decisions concerning the university. Students who wish to receive the seasonal influenza vaccination may do so free of charge in the Student Health Center in the basement of Memorial Hall. Currently, the vaccine is on back order but once received, notification will be sent with dates and times it will be administered.

Please continue the basic hygiene practices such as covering your mouth and nose when coughing, proper disposal of soiled tissues, frequent hand washing, use of hand sanitizers, and avoiding contact with persons who have flu-like symptoms. Feel free to call one of the healthcare providers in the Student Health Center (524-5711) if you have additional questions or concerns.