

Welcome back for the spring 2020 semester.

The Health & Wellness Center would like to take this opportunity to educate you on recent health issues that are getting global attention. In addition to the seasonal influenza virus, the Center for Disease Control and the World Health Organization has been providing updates on the Novel Coronavirus (2019-nCoV). [The Coronaviruses are a large family of viruses, some causing respiratory illness in people and others circulating among animals]

Although we are not currently seeing a large number of influenza cases on campus, and we do not have any Coronavirus cases, the following information will assist you in staying healthy, understand when to seek care and how to reduce the spread of viruses.

You may have seasonal influenza (flu) if you have some or all of these symptoms:

- • fever (common but not everyone with flu will have fever)
- • cough
- • sore throat
- • runny or stuffy nose
- • body aches
- • headache
- • chills
- • fatigue
- • sometimes diarrhea and vomiting

If you are a student and you think you may have the flu, make an appointment online: <http://my.slc.edu/health> at the Health & Wellness Center or call (914) 395-2350 to speak with a nurse. Put on a mask when entering the waiting room, even if you are not coughing. You may call the Health and Wellness Center to arrange a ride to your appointment. Students diagnosed with the flu should not attend classes until you are fever free for 24 hours.

Specific guidelines regarding the 2019 Coronavirus:

If you have a fever over 100.4 AND symptoms of a respiratory illness (cough, shortness of breath) AND traveled to/from Wuhan China within the past 14 days OR had exposure to a person being evaluated for, or diagnosed with the 2019 Coronavirus, seek medical attention at the Health & Wellness Center, Urgent Care Centers or the local Emergency Room. You will be assessed for the virus and treated according to Department of Health guidelines.

What should you do if you get sick with seasonal influenza?

Most people with the flu have mild illness and do not need medical care or antiviral drugs. If you get sick with flu symptoms, you should stay home and avoid contact with other people except to get medical care. **You should not go to dining halls, classes, the gym, lounges or any other public space while you are ill.** Take over-the-counter medications for your symptoms (ibuprofen or acetaminophen for fever and aches; cough syrup or expectorants; multi-symptom medications such as Dayquil®, Advil Cold and Flu®, etc.).

If, however, you have symptoms of flu and are in a high-risk group, or are very sick or worried about your illness, contact your health care provider. Certain people are at high risk of serious complications, including young children, people 65 and older, pregnant women and people with certain medical conditions. High-risk also includes those with asthma, other respiratory or

heart disease, diabetes, immune suppression, renal disease and other conditions. If you are in a high-risk group and develop flu symptoms, it is best for you to contact your doctor early in your illness. It is recommended that you get antiviral treatment as early as possible, because the benefit is greatest when treatment is started within 2 days after illness onset.

Do you need to go to the emergency room if you are only a little sick?

No. The emergency room should be used for people who are very sick. You should not go to the emergency room if you are only mildly ill. If you get sick with flu symptoms and are at high risk of flu complications or you are concerned about your illness, call your health care provider for advice. If you go to the emergency room and you are not sick, you may catch it from people who have it.

You should go the emergency room is you experience the following:

- •Fever >101 that does not respond to medication
- •Inability to swallow, drink fluids, or take your medication
- •Shortness of breath, chest pain, or wheezing
- •Dizziness or fainting
- •Severe, frequent vomiting
- •Confusion

Students who are unsure if they need emergency room care can call the Health & Wellness Center (Monday- Friday 9 a.m.- 5 p.m.). When the Health & Wellness Center is closed, you can call Westlands Desk (914-395-2222) to request transportation to the Emergency Room.

Are there medicines to treat the seasonal flu?

Yes. There are drugs your doctor may prescribe for treating the flu called “antivirals.” These drugs can make you better faster and may prevent serious complications. They need to be started within 48 hours of onset of symptoms. Antiviral medication can also be offered to high risk or unvaccinated contacts to protect them.

How long should you stay home if you are sick?

The Center for Disease Control (CDC) recommends that you stay home for at least 24 hours after your fever is gone, except to get medical care or other necessities. Your fever should be gone without the use of a fever-reducing medicine, such as Tylenol®. You should stay home from work, school, travel, shopping, social events, and public gatherings.

What should you do while you are sick?

Stay away from others as much as possible to keep from infecting them. If you must leave home, for example to get medical care, wear a facemask. Cover your mouth and nose with a tissue when coughing or sneezing. If you do not have a tissue, cough and sneeze into your elbow. Clean your hands, washing them often. Do not share food, drinking glasses, utensils, etc. with other people.

Please contact the Health & Wellness Center if you have any questions: 914-395-2350