Dear Students,

As you may know, flu season is upon us, and flu can be spread easily from person to person. Therefore, we are taking steps to prevent the spread of flu at Stony Brook University, and we need your help and support.

We strongly urge our students to get vaccinated. The flu vaccine takes two full weeks to become fully effective so getting your shot in advance will help prevent our students from contracting the flu and spreading the flu.

Vaccination is the best protection against the flu this season. Getting the vaccine has been shown to offer substantial other benefits including reducing illness, antibiotic use, time lost from school or work, hospitalization, and death.

Here are a few additional preventive steps you can take to help protect yourself and others:

- **Practice good hand hygiene** by washing your hands with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners also re effective.

- **Practice respiratory etiquette** by covering your mouth and nose with a tissue when you cough or sneeze. If you don’t have a tissue, cough or sneeze into your elbow or shoulder, not into your hands. Avoid touching your eyes, nose, or mouth; germs are spread this way.

- **Know the signs and symptoms of the flu** Flu symptoms include: a 100°F or higher fever (a fever is a temperature taken with a thermometer that is equal to or greater than 100 degrees Fahrenheit or 38 degrees Celsius) or feeling feverish (not everyone with the flu has a fever), cough and/or sore throat, runny or stuffy nose, Headaches and/or body aches, Chills, Fatigue, Nausea, vomiting, and/or diarrhea (most common in children)

- **Stay home if you have flu or flu-like illness for at least 24 hours after you no longer have a fever** (100 degrees Fahrenheit or 38 degrees Celsius) or signs of a fever (have chills, feel very warm, have a flushed appearance, or are sweating). This should be determined without the use of fever-reducing medications (any medicine that contains ibuprofen or acetaminophen). Don’t go to class or work.

- **Talk with your health care providers about whether you should be vaccinated for seasonal flu.** People at higher risk for flu complications include pregnant women and people with chronic medical conditions (such as asthma, heart disease, or diabetes).
For more information about flu in our community and what our institution is doing, visit http://www.stonybrook.edu/flu/

For the most up-to-date information on flu, visit www.flu.gov, or call 1-800-CDC-INFO (232-4636).

Sincerely,

Rachel Bergeson, MD
Director
Stony Brook University Student Health Service