

IMPORTANT INFORMATION FOR UWRF RES HALL STUDENTS REGARDING THE H1N1 (Swine Flu) VIRUS

As you likely know, the H1N1 virus has continued to surface across the United States during the summer months. While UWRF has not experienced any confirmed cases of H1N1, several colleges and universities have begun the fall semester with isolated outbreaks. UWRF has been and continues to engage in preparation activities should we experience an outbreak on our campus.

Here are a few things you can do to prevent spreading of the H1N1 virus:

- ✓ **IF YOU ARE SICK, DO NOT GO TO WORK OR CLASS.** Contact your instructor's via e-mail or phone to let them know you will not be in class. You should be fever free (without fever-reducing meds) before you return to your normal activities. Brief absences will not require medical documentation. You are expected to make arrangements to retrieve class notes from a peer and complete all missed work in a reasonable time frame. Communicate with your instructor if you have questions.
- ✓ **IF YOU BECOME ILL WITH THE SYMPTOMS OF H1N1 AND ARE FROM FOUR HOURS AWAY OR LESS, YOU MUST MAKE ARRANGEMENTS WITH YOUR PARENTS TO GO HOME OR TO AN OFF CAMPUS LOCATION UNTIL YOU HAVE BEEN SYMPTOM FREE (WITHOUT FEVER-REDUCING MEDS) FOR 24 HOURS.** When you leave campus, e-mail housing@uwrf.edu to let us know you have left campus and an address and phone number where you can be reached. E-mail housing@uwrf.edu to let us know you have returned to campus and your normal activities.
- ✓ **IF YOU BECOME ILL AND ARE APPROVED BY RESIDENCE LIFE TO REMAIN IN SELF-ISOLATION ON CAMPUS, DO THE FOLLOWING:**
 - E-mail your RA to let them know you need a mask. Use the mask when you use the community bathroom.
 - Contact diningservices@uwrf.edu by 8:00 a.m. or 3:00 p.m. to arrange for a once-a-day delivery of meals to your residence hall while you are unable to eat in the dining halls.
 - Maintain regular communication with your parents/legal guardians so that they are aware of how you are doing.
- ✓ **IF YOUR ROOMMATE BECOMES ILL, BUT YOU ARE NOT SYMPTOMATIC,** continue your normal activities and take basic precautions including not sharing of any items, frequent hand washing and maintaining a reasonable distance from your roommate when in the room. Use disposable disinfectant wipes to clean any shared surfaces and hard and shared surfaces at least once a day.
- ✓ **IN MOST CASES, HEALTHY INDIVIDUALS WHO DEVELOP INFLUENZA SYMPTOMS DO NOT NEED TO SEEK MEDICAL ATTENTION.** Those with underlying medical conditions who develop influenza symptoms or who are directly exposed to influenza should contact their health care provider. UWRF students can contact the River Falls Medical Clinic at 425-6701.

FLU HIGHLIGHTS AND TIPS

Symptoms to be on the lookout for:

- Fever of 100°F (37.8° C) or higher
- Cough
- Runny Nose/Nasal Congestion
- Sore Throat
- Body Aches
- Possible: Diarrhea or Vomiting

How to Stay Healthy:

- Wash hands frequently
- Cover nose and mouth with a tissue, or use your sleeve, when you cough or sneeze
- Avoid touching eyes, nose or mouth
- Avoid contact with sick people
- Get vaccinated against seasonal and H1N1 influenza

For questions or further information go to:

www.uwrf.edu/emergency