

# UNIVERSITY of WISCONSIN GREEN BAY

January 31, 2018

Dear Students, Faculty, and Staff,

**Subject: Prevent and Protect Against Seasonal Influenza (the Flu): Stay Home When Sick!**

As we start our spring semester, the UW-Green Bay Counseling and Health Center in collaboration with the Brown County Public Health Department are reminding people that they can take steps now to stop the spread of influenza, and one of the biggest steps they can take is to **Stay Home When Sick!**

Influenza activity has been increasing. So far, influenza A (H3N2) viruses have been the most common flu viruses circulating this season. H3N2 predominant flu seasons have been associated with more severe illness, especially among children and adults age 65 and older.

Symptoms of influenza are similar to cold symptoms, but come on more swiftly and are more pronounced. **Symptoms can include cough, sore throat, muscle aches, headache, chills, feelings of extreme tiredness, and fever.** It should be noted that not everyone with the flu will experience fever.

**Ways to avoid getting or spreading the flu include:**

- **Get a flu shot.** It is not too late to get a flu shot this season. Vaccines are available through your local healthcare provider or pharmacy. The Counseling and Health Center also has Quadrivalent Flu vaccine available again for \$25 for faculty/staff and \$20 for students while supplies last. Simply call (920) 465-2380 to make an appointment.
- **Wash your hands** often with soap and water, or use an alcohol-based hand sanitizer.
- **Cover your cough or sneeze** with your upper sleeve, and try to avoid touching your face with your hand. If you use a tissue, throw it away after one use.
- **Never share drinking cups, straws, or utensils.**
- **Frequently clean commonly touched surfaces** such as doorknobs, refrigerator handles, phones, and faucets.
- When possible, **avoid being exposed** to people who are sick with flu-like symptoms.
- **Eat nutritious meals, get plenty of rest, and do not smoke.**

**If you are experiencing symptoms of influenza or have been exposed to someone with influenza or influenza symptoms,** consult with your health care provider to determine if antiviral drugs may be helpful. Treatment with antiviral medications can sometimes lessen the effects of influenza, if treatment is started within 48 hours of the onset of symptoms. Antibiotics are not effective against influenza.

**Students:** You can also consult a nurse in our center with questions by phone at 920-465-2380 Mondays through Fridays 7:45am-4:30pm. You are also advised to **stay in touch with your faculty** by email if you are needing to miss class while you have flu like symptoms. You can also refer to the Dean of Students Office policy on extended [absences](#).

By following these good health habits, you are not only protecting yourself, but you are protecting those around you who may be at risk for more serious complications.

Helpful CDC flu resources can be found at [www.cdc.gov/flu](http://www.cdc.gov/flu)

We will update you as information becomes available on any additional changes to our institution's strategy to prevent the spread of flu on our campus.

Sincerely,

A handwritten signature in cursive script that reads "Amy Henniges".

**Amy Henniges MSN, RN, CCM**  
Director Counseling and Health Center  
(920) 465-2380  
Fax: 920-465-2708  
[hennigea@uwgb.edu](mailto:hennigea@uwgb.edu)