



THE FLORIDA STATE UNIVERSITY
UNIVERSITY HEALTH SERVICES
HEALTH & WELLNESS CENTER

September 1, 2017

Dear Members of the Florida State Community,

University Health Services (UHS) has seen an increase in the number of patients who are presenting with influenza this past week. It is important to know that people who have the flu are highly contagious and can spread it to others.

Flu-like symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue and possibly vomiting and diarrhea.

Ways to prevent the spread of flu include covering your nose and mouth when you cough or sneeze, washing your hands often with soap and water or an alcohol-based hand rub, and cleaning and disinfecting surfaces and objects that may be contaminated using an approved product. If you have a fever, it is important to limit your contact with others until the fever is gone for at least 24 hours. Please click on the link from the CDC below for additional information concerning the flu and ways you can help prevent it.

If you are currently ill, and would like to be evaluated by a health care provider, please call University Health Services at 644-4567 to schedule an appointment. If after hours or on weekends, we also offer care through MDLive at (800) 497-0677.

<https://www.cdc.gov/flu/consumer/index.html>

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