



VIRGINIA STATE UNIVERSITY

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Student Health Center
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February 13, 2018

Dear Students, Faculty, and Staff:

The 2017-2018 influenza (flu) season is among us and Virginia State University is making every effort to protect you from the flu. This letter provides notice of the Virginia State University Pandemic Influenza Plan. Influenza is a contagious respiratory illness that is caused by a virus and can be spread via droplets on the mouth and nose. The flu may be mild to severe and can lead to death. There are certain groups of people that are of greater risk of contracting the flu (persons with asthma, diabetes, heart disease, cancer, weakened immune systems). The symptoms of the flu are as follows:

- Fever
- Cough
- Sore Throat
- Body or Muscle Aches
- Headache
- Fatigue
- Vomiting and Diarrhea (less common)

The best method to prevent the spread of the flu is to get the flu vaccine. The Student Health Center currently has free flu shots. In addition, prevention measures include: covering your cough, sneeze with your inner elbow/tissue, frequent handwashing, avoiding contact with those that are sick.

The University follows the Centers for Disease Control and Prevention and Virginia Department of Health guidelines in providing surveillance and guidance for students with influenza or influenza-like illness. **We require residential students to return home during their course of illness and recovery, as they are not allowed to attend class. Students are expected to remain home until they are free of a fever of 100 *F and off fever reducing medication (such as Acetaminophen or Ibuprofen) for 24 hours. Parents of residential students will be notified by the Student Health Center of the situation and are asked to arrange for someone to pick up their student so they may recover at home. Students are required to obtain clearance from the Student Health Center before returning to campus. Non-residential are to follow the same as residential students.** Those students that have had close contact with roommates and classmates may present to the Student Health Center for evaluation and treatment if needed.

You may find additional information on the flu via the Centers for Disease Control and Prevention website at <https://www.cdc.gov/flu/keyfacts.htm>. Please contact the Student Health Center if you have questions regarding this information or plan at 804-524-5711.

Sincerely,

Darylnet Lyttle, Ph.D., RN, FNP-BC
Director

George Quarshie, MD
Physician