Date: February 17, 2015
To: The Emmanuel College Community
From: Campus Preparedness and Health Services
Re: Influenza – Health Alert

The 2014-2015 flu season is here and we are doing our best to keep the Emmanuel College community as healthy as possible. Please help us in our campaign by:

1. Getting a flu shot- It’s not too late to receive a flu vaccine. Please call the health center at 617-264-7678 or email healthservices@emmanuel.edu to set up an appointment.
2. Being vigilant about reporting flu symptoms (see below). Treatment for the flu is most effective when started within 48 hours of symptom onset. It is also important to minimize your exposure to others during this time but standing at least 6 feet away from people, covering your cough and washing your hands frequently.

Students who are experiencing flu like symptoms should call Health Services at 617-264-7678. After hours, resident students should call their RA for assistance. For the safety of the Emmanuel community, please do not visit Health Services in person. Symptoms can usually be assessed and managed over the phone, preventing further spread of the illness.

**Symptoms of the flu include:**

- fever (usually high)
- runny or stuffy nose
- headache
- extreme tiredness
- dry cough
- sore throat
- muscle aches
- Stomach symptoms, such as nausea, vomiting, and diarrhea, also can occur but are more common in children than adults

**People at high risk for complications from the flu, include:**

- Children aged 6 months until their 5th birthday
- Pregnant women
- People 50 years of age and older
- People of any age with certain chronic medical conditions
- People who live in nursing homes and other long term care facilities

**Taking care of yourself when you have the flu:**

- Drink plenty of liquids
- Avoid using alcohol and tobacco
• Use acetaminophen (Tylenol), ibuprofen (Advil) or naproxen (Aleve) to relieve symptoms (Note: avoid acetaminophen (Tylenol) if you are taking Dayquil, Nyquil or other cold combination remedies as they may contain acetaminophen)

• Children and young adults should avoid aspirin

• Call Health Services or your primary care provider at home if you develop worsening fevers, cough, shortness of breath, difficulty breathing, chest pain or chest tightness.

• Please do not return to campus and avoid going out in public until 24 hours after your fever breaks (without taking fever reducing medications like Tylenol or Ibuprofen).

Thank you for reviewing this information and helping our campaign to keep our community as healthy as possible.