

+ ALERT +

PROTECT YOURSELF FOR H1N1 AND FLU SEASON

Like other university health clinics across the country, our colleagues in University Health Services have reported an increase in patients with flu symptoms in the past few weeks. I encourage all of you to do your best to prevent the spread of H1N1 and seasonal influenza by taking these precautions:

1. Get vaccinated. This year there are 2 types of influenza vaccines:

- ✓ Seasonal flu shots on campus for students, faculty, and staff starting October 6th. Faculty/staff cost is \$10 payable by check, cash, or IDT only.
- ✓ An H1N1 vaccine is in production and expected to be available sometime in October. It is not known at this time when or how much vaccine we will receive or exactly how it will be distributed. When more information is available, it will be posted at healthyhorns.utexas.edu

2. Practice good health habits. The best treatment is prevention, so please:

- ✓ Keep your hands clean. Carry alcohol-based hand sanitizer with you and use it often.
- ✓ Cough or sneeze into your elbow/sleeve. Throw used tissues into the trash immediately.
- ✓ Avoid touching your eyes, nose, and mouth.
- ✓ Don't eat, drink, or smoke after others.
- ✓ Avoid close contact with people who are sick.
- ✓ Keep shared surfaces clean (door handles, phones, computer keyboards etc.)

3. Stay home if you have flu symptoms. Do not return to the university until you have been fever-free without the use of fever-reducing medications for 24 hours.

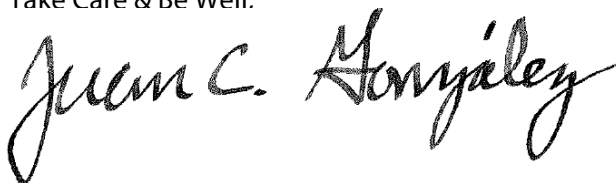
4. Take care of yourself if you are sick. Guidance can be found at the Centers for Disease Control and Prevention (CDC) website, <http://www.cdc.gov/h1n1flu/sick.htm>

5. See a health care professional if your condition worsens or you have an underlying health condition or risk such as diabetes, asthma, a compromised immune system, or pregnancy.

6. Remember the free 24/7 Nurse Line. Participation in the UT BCBS insurance gives you confidential access to experienced registered nurse counselors. Call 1-888-315-9473.

Our University Health Services offers a wealth of information and resources, and I encourage you to visit their website at healthyhorns.utexas.edu. Flu season updates will be posted on the UT Emergency website www.utexas.edu/emergency, and information about sick leave is at <http://www.utexas.edu/hr/current/leave/>. Questions about University procedures for flu can be emailed to the Human Resource Service Center at hrsc@austin.utexas.edu or call 512-471-4772.

Take Care & Be Well.



Juan C. González
Vice President for Student Affairs