January 27, 2020

Dear Friends and Family,

As we enter the new semester, you may have heard concerns about the spread of flu across the United States. Fortunately, there is no current flu outbreak at Towson University. However, prevention and preparedness are the best ways to prevent the spread of flu to our campus community.

An annual flu shot is the best way to prevent the flu. It's not too late! There is a limited supply of flu shots available at the Health Center. To receive a flu shot visit www.towson.edu/healthcenter to make an appointment.

Ways to prevent the spread of flu:
- Cover your nose and mouth with a tissue or use your sleeve when you cough or sneeze
- Wash your hands with soap and water often and use hand sanitizers
- Avoid touching your eyes, nose and mouth
- Clean and disinfect surfaces and objects that may be contaminated with germs

If your student becomes sick with flu-like symptoms (fever, cough, body aches) it is recommended that when possible, they go home to recover. If they need to stay in the residence halls, they should do the following:
- Stay in their room and limit contact with others
- Identify a “flu buddy” who can assist them with picking up food, coursework, etc.
- Obtain a flu note and self-care sheet from the Health Center by emailing healthcenter@towson.edu
  - This note can be provided to faculty for absenteeism while they are sick
  - Their “flu buddy” can present this for take-out meals at one of the campus dining halls, which will be deducted from their meal plan
- Students may contact their RA for further assistance

Healthy individuals generally do not require medical attention. Students should follow the instructions on the self-care sheet to learn how to relieve symptoms. Antiviral drugs are generally not recommended for healthy people, and antibiotics do not work against the viruses that cause the flu. If they have a persistent fever of greater than 100°F, severe symptoms, they are not improving or have underlying chronic conditions, they should contact the Health Center at www.towson.edu/healthcenter to make an appointment.

**Students should not return to class until their temperature is below 100°F for 24 hours.**

More information can be found on the Health Center website or on the Centers for Disease Control website at www.cdc.gov/flu.

If you have additional questions or concerns, please contact the Health Center at healthcenter@towson.edu. Thank you for helping to keep our campus community healthy!

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