

From: List Server of ESU Campus-Community List
Sent: Tuesday, January 28, 2020 10:24 AM
Subject: Flu season is here. Stay healthy and safe - here's how

Welcome back ESU students, faculty, and staff!

This time of the year is typically referred to as Flu season, so it is important for members of our campus community to be aware of the symptoms and take precautions to keep everyone at ESU healthy. Flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. Flu signs and symptoms usually come on suddenly. People who are sick with flu often feel some or all of these symptoms:

- Fever or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

WHAT YOU CAN DO

The **single best way to prevent seasonal flu is to get [vaccinated](#)** each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu. There also are [flu antiviral drugs](#) that can be used to treat and prevent flu. The tips and resources below will help you learn about steps you can take to protect yourself and others from flu and help stop the spread of germs.

Other precautions against the flu are:

1. **Avoid close contact** with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
2. **Stay home when you are sick.** If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.
3. **Cover your mouth and nose** with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Flu and other serious respiratory illnesses are spread by cough, sneezing, or unclean hands.
4. **Clean your hands.** Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.
5. **Avoid touching your eyes, nose or mouth.** Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

6. **Practice other good health habits.** Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.
7. **Clean.** Routinely clean frequently touched objects and surfaces, including doorknobs, keyboards, and phones, to help remove germs.

If you get sick with flu, antiviral drugs may be a treatment option. When used for treatment, [antiviral drugs](#) can lessen symptoms and shorten the time you are sick by one or two days.

Check with your doctor or the ESU Health Center promptly if you are at high risk of serious flu complications and you get [flu symptoms](#). People at high risk of flu complications include young children, adults 65 years of age and older, pregnant women, and people with certain medical conditions such as asthma, diabetes and heart disease.

Flu care packages are available at the POD. They contain Gatorade, soup, crackers and a banana. Students should bring their ID when picking up a care package, or if you are picking up for a roommate, you will be asked to provide their name and ID number.

If you are experiencing symptoms, or have medical questions, you are encouraged to contact ESU's Student Health Center at Lehigh Valley Hospital – Pocono, (272) 762-4378. The ESU Health Center is open Monday-Friday from 8 a.m.-5 p.m., and Saturday and Sunday from 12-4 p.m. If you have questions regarding health and wellness procedures, please contact Dr. Amy Freeman, ESU director of health and wellness at (570) 422-3804.

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