

Dear AC Students:

With the early arrival of flu season across the country and in Michigan, the Student Health Center is urging students, faculty and staff to take preventive measures to protect their health.

Cases of influenza are expected to increase throughout the flu season. Because flu can spread by contact with people who are ill, the Student Health Center recommends that community members take these precautions:



GET A FLU SHOT

Flu shots are available at the Health Center for a fee of **\$25.00**. This may be paid with cash, check, or if you are a student you may charge to your student account. Students may call the Health Center at ext. 4214 to schedule a flu shot. Flu shots also are available at local pharmacies, clinics and physician's offices.



PROTECT YOURSELF

Wash hands with soap and water for at least **20 seconds** or use hand sanitizer frequently, especially after touching common surfaces such as door handles. Cover your mouth when coughing or sneezing with either a disposable tissue or a sleeve, and avoid touching your face. Avoid contact with people who are sick. Get plenty of rest to keep the immune system working at its best.



MONITOR YOUR HEALTH

Flu symptoms include fever with cough or sore throat, and sometimes runny nose, body aches, headache, vomiting or diarrhea.

WHERE TO FIND HEALTH CLINIC

The Health Center is open Monday-Friday from 9AM to 5PM. Students should call ext. 4214 to make an appointment. If students need assistance after hours, they have several options:

• Visit a local clinic:

Med Plus After Hours Clinic,
212 Main St. Brooklyn, Mi.
Mon-Fri, 5PM-10PM. Sat-Sun, 10PM-8PM.
517-592-6047.

After Hours Walk In Clinic,
6869 Occidental Rd, Tecumseh, Mi.
Mon-Fri. 6:30PM-9:30PM, Sat-Sun, 10PM-2PM.
517-423-4777.

• See their private physician.

If a student has an emergency, please call 911 or go to a hospital: Bixby Medical Center, 818 Riverside Ave, Adrian Mi. 517-265-0900.

WHAT TO DO IF SICK WITH THE FLU:

- Students with flu symptoms should stay home. Sick students should limit contact with others who are not sick. Those with flu-like symptoms should not return to class until they no longer have a fever (a temperature of less than 100.5F) for at least 24 hours without the use of fever-reducing medications.
- Students with the flu should email their professors as soon as possible and let them know they have the flu, or they may call the Office of the Dean of Student Life for assistance at ext. 3142.
- Resident students who are sick also may contact their resident assistant for assistance if they have needs.
- Resident students who have flu symptoms may have a roommate or friend pickup meals for them. A meal slip may be picked up at the Student Health Center.
Roommates and friends picking up the meals must have a slip in order to be given a meal.
- Students should seek medical attention if they have acute symptoms such as body aches, cough or a fever of more than 100.5F. Walk-in hours are from 9AM-11:30AM and appointments from 1PM-4:30PM. To make an appointment called ext. 4214.
- If students get worse after being on the medication for three or four days, they should come back to the Health Center to have their lungs rechecked to make sure they have not developed a secondary infection. Those with chronic health conditions, such as asthma, or complications should call the Health Center at ext. 4214.
- Our goal is for all of our students to have a productive and healthy semester. There are many resources on campus available to support them. Please don't hesitate to contact me with questions or concerns at **ext. 4214** or **dmarsh@adrian.edu**



Stay Healthy!
- Nurse Dawn