



THE UNIVERSITY of
NEW MEXICO

Student Health & Counseling (SHAC)

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Influenza Information for UNM Dorm Students Updated November 17, 2015

Welcome to the University of New Mexico. We want you to remain healthy and happy and to be as successful as possible while taking classes here at UNM. Part of this support is to help prevent the spread of infection in order to minimize absenteeism and disruption of your education.

Influenza Season

The flu season generally runs from September through June each year. While flu season can be unpredictable in severity and length, epidemics (large and small) occur most years. Typically, flu seasons peak in January, but major activity can start as early as October. **So, it is particularly important not to delay getting your flu vaccine.** It takes approximately two weeks to build immunity after receiving the influenza vaccine. *For updates on flu vaccine availability for UNM Students, visit the SHAC website: <http://shac.unm.edu/influenza.htm>*

Information and Tips on Influenza Protection and Prevention & UNM Efforts to Minimize the Spread of Infection:

Before student groups arrive: All surfaces of Student Rooms, Common and Private Apartment Bathrooms, and Common Areas/Lounges are cleaned with EPA-approved disinfectant. Floors are either swept with a filtered vacuum or mopped with EPA-approved disinfectant. A checklist is completed for each area.

Ongoing Service: Common Bathrooms and Common Areas/Lounges (not applicable to Private Apartment Bathrooms) are cleaned on a daily basis. All surfaces are cleaned with EPA-approved disinfectant. Floors are either swept with a filtered vacuum or mopped with EPA-approved disinfectant. A checklist is completed for each area.

Healthy Habits are encouraged to stop the spread of influenza:

- Wash your hands often with soap and water. Hand washing procedure should include soaping the hands for about 15 seconds (the length of time it takes to sing “Happy Birthday” or the “ABCs” once).
- Use waterless, alcohol-based hand gels (containing at least 62% alcohol) when soap is not available and before entering the dining halls to eat.

Healthy Habits are encouraged to stop the spread of influenza (continued):

- Cover your mouth and nose when you cough to sneeze, using a tissue or your upper sleeve, not your hands.
- Avoid touching your eyes, nose, or mouth.
- Try to avoid close contact (3-6 feet) of sick people.

What are the signs and symptoms of influenza infection?

- Fever (>100 degrees F)
- Cough, sore throat, runny or stuffy nose, body aches, headache, chills, and fatigue
- Can include diarrhea and vomiting

If you feel sick: If you're ill with signs and symptoms of flu, try to limit contact with others as much as possible. Notify your Resident Advisor Staff and please do not attend group gatherings, including class, while you're ill. If you have questions about your illness, call Student Health and Counseling at (505) 277-3136.

You should remain in your dorm room until at least 24 hours after you are free of fever, without use of fever-reducing medications. If you need food delivered to your room during this time period, please call the SRC desk and ask about the Flu Meal Program. The SRC desk personnel can also give you a kit prepared by Student Health and Counseling. The kit contains two facemasks, hand gel, a temperature sensor, and acetaminophen. Do not take aspirin.

You should seek medical care with influenza symptoms or if you have been exposed to influenza, if you:

- Are 65 years of age or older
- Have any of the following conditions:
 - Chronic lung conditions, including asthma
 - Pregnancy
 - Diabetes, heart disease, kidney disease
 - Immunosuppression
 - Younger than 19 and receiving long-term aspirin therapy

It is also advisable to seek medical attention if you experience any of the following symptoms:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but they then return with fever and worse cough

Updates and Resources:

- Centers for Disease Control and Prevention (CDC) influenza website (general): <http://www.cdc.gov/flu/>
- CDC influenza vaccine: <http://www.cdc.gov/flu/protect/vaccine/index.htm>
- CDC influenza basics: <http://www.cdc.gov/flu/about/disease/index.htm>