

# MEMORANDUM

Date: November 17, 2004

To: University-Wide

From: Environmental Health & Safety

Re: Flu Season

---

The 2004-2005 Flu season will begin in the next few months and FIU is committed to providing a safe environment for the FIU community.

Although receiving the flu vaccine is the best protection against getting the disease, the current flu vaccine shortage has heightened awareness and concerns about the flu and the Department of Environmental Health and Safety is here to help address any issues that may arise from this situation. To this end, we are recommending that students, faculty and staff take the necessary precautions to help protect them from exposure to the flu virus and contact the Health and Wellness Center for more information.

The flu virus is transmitted from person to person when an individual is exposed to droplets, from sneezing or coughing, from someone who is infected. Flu symptoms include, but are not limited to: fever, headache, extreme fatigue, dry cough, sore throat, runny/stuffy nose and muscle aches. Symptoms go away after a few weeks, but some complications may arise which may lead to a more severe outcome.

Spreading of the flu virus can be prevented with simple practices:

- Wash your hands on a regular basis (bacteria and viruses spread from person to person effectively through this method)
- Avoid close contact with persons who may be infected as this may increase your risk of exposure
- Cover your mouth and nose with a tissue when coughing or sneezing
- Try to avoid touching your eyes, nose or mouth with your hands to prevent exposure by these routes
- You can access the University Safety Compliance Guide on "Infection Control in the Workplace" by going to our website at: [www.fiu.edu/~ehs](http://www.fiu.edu/~ehs).

If you have additional concerns or questions please contact the Department of Environmental Health and Safety at (305) 348-2621 or the Health and Wellness Center at (305) 348-4020.