



COUNSELING, HEALTH & WELLNESS CENTER
OVERLOOK SOUTH

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Flu Alert

As you may know, flu can be spread easily from person to person. Therefore, we are taking steps to prevent the spread of flu at William Paterson University for as long as possible, **but, we need your help to accomplish this.**

We are working closely with the local and state health department to monitor flu conditions and make decisions about the best steps to take concerning our institution. We will keep you updated with new information as it becomes available to us. We currently are seeing Flu cases on campus.

For now, we are doing everything we can to keep our institution operating as usual. Here are a few things you can do to help:

- **Practice good hand hygiene** by washing your hands with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners also are effective.
- **Practice respiratory etiquette** by covering your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder, not into your hands. Avoid touching your eyes, nose, or mouth; germs are spread this way.
- **Know the signs and symptoms of the flu.** A fever is a temperature taken with a thermometer that is equal to or greater than 100 degrees Fahrenheit or 38 degrees Celsius. Look for possible signs of fever: if the person feels very warm, has a flushed appearance, or is sweating or shivering. The signs of the flu include sudden onset of fever, cough, sore throat, body aches, chills, headache and sometimes diarrhea and vomiting.
- **Stay home if you have flu or flu-like illness for at least 24 hours after you no longer have a fever** (100 degrees Fahrenheit or 38 degrees Celsius) or signs of a fever (have chills, feel very warm, have a flushed appearance, or are sweating). This should be determined without the use of fever-reducing medications (any medicine that contains ibuprofen or acetaminophen). Don't go to class or work.
- **Get the Flu Vaccine.** Everyone 6 months of age and older should get the flu vaccine. [Seasonal flu](#) vaccines have a very good safety track record. It is especially important for individuals to get the flu vaccine if they are considered high risk for complications. People at high risk for complications include pregnant women, children, over the age of 65 and people with chronic medical conditions such as asthma, heart disease or diabetes. Please discuss with your health care provider to find out if you are a candidate for the seasonal flu vaccine.

If this year's flu season becomes more severe, we may take the following additional steps to prevent the spread of the virus:

- **Find ways to increase social distances** (the space between people) in classrooms such as moving desks farther apart, leaving empty seats between students, holding outdoor classes in warmer weather, and using distance learning methods.
- **Stay home if you are sick.** Students, faculty, and staff should stay home if they are sick. You should stay home until at least 24 hours after they no longer have a fever (100 degrees Fahrenheit or 37.8 degrees Celsius, measured by mouth) or signs of a fever (chills, feeling very warm, flushed appearance, or sweating) without the use of fever-reducing medicine.
- **Residential Students-**If you are a residential student and become ill with flu like symptoms, you will be asked to leave the residence halls. This has been shown to be the best way to reduce the spread of the disease. Please plan in advance along with any family and friends so that in the event that you become ill you will be able to recover off campus. If ever there were such a significant outbreak that we needed to close the school, it would be important to make an emergency evacuation plan so that you know who will be picking you up and/or where you will be staying. If you are not able to return home or go somewhere else to stay please notify your Resident Director as soon as possible to discuss alternatives.

If you think you have the Flu, please call your doctor. If you are a student you can call your doctor or the Counseling, Health and Wellness Center at 973-720-2360.

For the most up-to-date information on flu, visit www.flu.gov, or call 1-800-CDC-INFO (232-4636).

Flu Shots will be offered at The Counseling, Health and Wellness Center

Check our website <https://www.wpunj.edu/health-wellness/>

-or- call the office for flu shot clinic dates

To make an appointment or for more information call: 973-720-2360