

Dear Graduate Student,

H1N1 flu will likely begin circulating widely on our campus this fall. As director of Vaden Health Center, this is what I would like you to know.

The best source of information is at <http://www.cdc.gov/flu/takingcare.htm>. Pay attention to these points:

- Monitor your fever, and use appropriate anti-fever medication (not aspirin)
- Drink enough fluids, especially clear liquids
- Watch for difficulty breathing, chest pain or shortness of breath. If that happens, call or go to Vaden, the Stanford Hospital Emergency Department or your community health care provider.

Plan in advance if you are at high risk for complications because of pregnancy, a chronic disease or a condition like asthma, even if it is quiescent or well controlled for several years. (<http://www.cdc.gov/h1n1flu/asthma.htm>). Having a high-risk condition will require special treatment, such as anti-viral medications. If you become ill or are exposed to the flu, get immediate assistance from Vaden or your community physician.

If illness strikes:

- Tell the Graduate Life Dean's Office (telephone 650-736-7078) so staff there can help you with available support services.
- Call us at Vaden if you need help with mild symptoms during the day at 650-498-2336. Visit http://vaden.stanford.edu/pdf/signsandsymptomsofflu_091409.pdf.
- Come see us at Vaden or see your community physician for troubling symptoms. Book an appointment on line at <http://vaden.stanford.edu/online/index.html> or call 650-498-2336. Call us after hours with urgent concerns or visit the Emergency Department.
- Isolate yourself. Stay in bed and away from classes, work and events until your fever has abated for 24 hours without the help of medication.
- Interact with others only through a surgical mask.
- If you have a roommate, partner or spouse, avoid giving it to them by keeping a distance of three to six feet. Clean shared surfaces frequently.

- Vaden will not be providing medical excuses. Contact your Graduate Life Dean for assistance with academic issues.

To prevent illness:

- Seasonal flu vaccine is especially important for students at high risk for complications due to a chronic condition like asthma. It is free this year for students. Information is posted at <http://vaden.stanford.edu>.
- Get vaccinated for the H1N1 flu. We anticipate having access to the vaccination in late October. Watch for our announcements.
- Above all, eat healthy, exercise and get plenty of sleep

For more information, visit <http://flu.stanford.edu>.

Stay well.

Sincerely,

Ira Friedman, MD
Director, Vaden Health Center