Dear UAlbany Community:

With cold and flu season in full swing, Student Health Services reminds you to take these everyday steps to protect your health and the health of others:

- Practice good hand hygiene.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with your elbow or a tissue, then throw the tissue in the trash.
- Get vaccinated yearly against seasonal flu.

If you become ill with flu-like symptoms, including fever, body aches, runny or stuffy nose, sore throat, nausea, or vomiting or diarrhea:

- Stay home or in your dorm room (except to seek medical care). CDC recommends that people with flu-like illness remain at home until at least 24 hours after they are free of fever.
- Avoid contact with other people, keeping a distance of 6 feet between you and others.
- Consider wearing a surgical mask to minimize spreading the virus to others. These masks are available at drug stores and from Res. Life personnel.
- Rest and drink plenty of non-alcoholic fluids, such as water and Gatorade.
- To speak with a medical professional for further guidance, call Student Health Services at (518) 442-5229.

Additionally, UAlbany’s Student Health Services is carefully monitoring the recent coronavirus (2019-nCoV) situation with guidance from the New York State Department of Health and the Center for Disease Control (CDC), though the risk of the virus on our campus is very minimal. More information can be found on the Student Health Services website.

Please Note: Student Health Services has moved locations. The facility is now located on the south side of Dutch Quad across from the Athletic fields.
Sincerely,

Graciela A. Desemone, MD

Medical Director, Student Health Services