

To: UW Campus Community  
From: Sean S. Blackburn – Vice President for Student Affairs  
Date: February 19<sup>th</sup>, 2019  
Subject: The Flu and What You Need to Know!

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We are in the middle of influenza (flu) season. The flu can cause mild to severe illness and can become quite serious. I want you to know that Wyoming is experiencing widespread flu activity, as is the rest of the U.S. Be informed, and help protect yourself and the community from the flu.

Below is some helpful information to avoid getting and spreading the flu.

**Symptoms:**

Symptoms of the flu include the abrupt onset of fever, chills, headache and muscle aches, and frequently nasal congestion, sore throat, cough and general malaise. If you have symptoms of influenza, it is best that you stay home so you do not spread this illness. You should seek medical attention if you have a high-risk condition (see [www.cdc.gov/flu/about/disease/high\\_risk.htm](http://www.cdc.gov/flu/about/disease/high_risk.htm)) or you feel your symptoms are significant or worsening (see [www.cdc.gov/flu/consumer/symptoms.htm](http://www.cdc.gov/flu/consumer/symptoms.htm)).

**Get the Flu Shot:**

The flu shot is the best protection against the flu. The good news is that it is not too late to get a flu shot. While there is evidence that the flu shot this year is not providing good protection against one of the circulating influenza A viruses, the flu shot has protection against 3-4 strains of influenza, so you will have protection against other active influenza strains. The flu shot may also lessen the duration and intensity of the flu, even if the protection is less than ideal.

Places to get a flu shot in Laramie:

- Albany County Public Health
- Area pharmacies (Ridley's, Safeway, Walgreens, Walmart)
- Urgent care clinics (Grand Avenue Urgent Care, Stitches Urgent Care)

Please note: If you have the student insurance associated with the University, you will need a referral from the Student Health Service so the insurance will cover the cost of the flu shot. Please stop by the Student Health Service during business hours prior to getting a flu shot to obtain the referral.

**Avoid the Flu:**

Other methods to help lessen the chances of acquiring the flu:

- Keep your hands clean by handwashing or using hand sanitizer
- Cover your cough or sneeze with tissues or your elbow
- Avoid contact with sick people
- Avoid touching your eyes, nose or mouth
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu
- Get enough sleep, eat a balanced diet, and stay hydrated

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307-766-5123  
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**Class Absences:**

Students who are experiencing flu-like symptoms should consider seeking medical attention and should carefully consider their interactions with other members of the University community to avoid spreading their illness. Students should promptly communicate with faculty if they believe they should not attend class or need assistance with missed class or deadlines. The Dean of Students Office is available to consult regarding class attendance and personal hardships.

Dean of Student Office  
Knight Hall Room 128  
Phone (307) 766-3296  
Email [dos@uwyo.edu](mailto:dos@uwyo.edu)

**Meal Plans:**

Dining Services is here to assist ill residential students with access to their meal plans. Residence hall students in need of a sick tray should contact their residence coordinator:

- White Hall, contact Taryn Wright at [twright17@uwyo.edu](mailto:twright17@uwyo.edu)
- Downey Hall and Honors Hall, contact Saverio Zappacosta at [szappaco@uwyo.edu](mailto:szappaco@uwyo.edu)
- Orr Hall, contact Griffen Farrar at [gfarrar1@uwyo.edu](mailto:gfarrar1@uwyo.edu)
- McIntyre Hall, contact Melissa Nelson at [mnelso35@uwyo.edu](mailto:mnelso35@uwyo.edu)

**More information on the flu:**

Visit the Centers for Disease Control and Prevention website at [www.cdc.gov/flu/keyfacts.htm](http://www.cdc.gov/flu/keyfacts.htm) or your Student Health Service at:

Student Health/Cheney International Building  
Monday, Tuesday, Wednesday and Friday: 8 a.m.- 5 p.m.  
Thursday: 9 a.m.-5 p.m.  
Phone: (307) 766-2130  
TeleType: (307) 766-2132  
Email: [studenthealth@uwyo.edu](mailto:studenthealth@uwyo.edu)  
After Hours Nurse Advice Line: (307) 766-2130

Stay well.

Sincerely,

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