

Student wellness is working closely with UTMB Healthcare Epidemiology to ensure the safety of students related to swine flu. Students with symptoms of swine flu should call student wellness at 409-747-9320.

**Do not come to student wellness.** When student wellness is closed you can call the access center at 1-800-917-8906 or you can go directly to the UTMB Urgent Care Clinic to be evaluated. (Please remember that you will need to use your insurance when you go to Urgent Care.) Should you become acutely ill and need emergency care please call 911. UTMB currently does not have an emergency room.

**Symptoms of the Swine Flu include:**

- Temperature over 100.4
- Cough
- Sore throat
- Headache
- Muscle aches
- Nausea/vomiting
- Diarrhea
- Travel to Mexico within 7 days

**Do not go to class if you are feeling ill.**

UTMB officials are closely monitoring the outbreak of H1N1 swine flu. Protocols are in place to identify, isolate and treat patients at UTMB's facilities. UTMB is fully prepared to care for patients with swine flu, if necessary.

**There are everyday actions people can take to stay healthy:**

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Try to avoid close contact with sick people.

**Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people. If you get sick, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.**

For more local information about swine flu, visit the Galveston County Health District,

<http://www.gchd.org/press/2009/Swine-flu-information.htm>

CDC Q&A regarding Swine Flu:

[http://www.gchd.org/press/2009/CDC%20-%20Influenza%20\(Flu\)%20-%20Swi...pdf](http://www.gchd.org/press/2009/CDC%20-%20Influenza%20(Flu)%20-%20Swi...pdf)

**Please call student wellness at 409-747-9320 if you have any questions.**