Dear Students, Faculty, Staff and Parents,

The CDC has notified clinicians about potential dangers of this year’s strain of influenza. It is the same strain that caused swine flu in 2009. The importance of this is its potential danger for young and middle-aged adults. Vaccines currently used in the US include protection against this strain of virus.

**CDC is urging influenza vaccination for everyone 6 months and older.** All people 6 months of age and older who have not yet received an influenza vaccine this season need to be vaccinated against influenza. There are several flu vaccine options for the 2013-2014 flu season (see [http://www.cdc.gov/mmwr/preview/mmwrhtml/rr6207a1.htm?s_cid=rr6207a1_w#Tab1](http://www.cdc.gov/mmwr/preview/mmwrhtml/rr6207a1.htm?s_cid=rr6207a1_w#Tab1)), and all available vaccine formulations this season contain a pH1N1 component; CDC does not recommend one flu vaccine formulation over another.

Influenza can be spread easily from person to person. Therefore, taking steps to prevent the spread of flu at ETSU is imperative. Your help is needed to accomplish this.

Here are things you can do to help:

- **Get vaccinated for influenza!** Vaccines are available at ETSU Student University Health Services for $25 (we can file your insurance), several area pharmacies, public or private medical clinics, or contact your local health department for the availability of the Influenza vaccine.

- **Cover your mouth and nose with a tissue when you cough or sneeze.** If you do not have a tissue, cough or sneeze into your elbow or shoulder, not into your hands. Avoid touching your eyes, nose, or mouth.

- **Wash your hands with soap and water; alcohol-based hand rubs are also useful.**

- **Know the signs and symptoms of the flu:** fever greater than 100° F (or signs of a fever such as flushed appearance, sweating or shivering), cough, sore throat, runny or stuffy nose, body aches, headache, chills and tiredness. Some people may experience vomiting and diarrhea.

- **Stay home if you have flu or flu-like illness for at least 24 hours after you no longer have a fever or signs of a fever** (without the use of fever-reducing medications).

- **All persons with influenza-like illness who are at high risk for influenza complications should seek care promptly** to determine if treatment with influenza antiviral medications is warranted.

For more information about scheduling an appointment with ETSU Student/University Health Services please call (423) 439-4225. Visit our website at [http://www.etsu.edu/nursing/shserv/](http://www.etsu.edu/nursing/shserv/).

For the most up-to-date information on the flu, visit [http://www.cdc.gov/](http://www.cdc.gov/) or call 800-CDC-INFO (800-232-4636).

Be well,

Dr. Lisa E. Ousley DNP, ETSU SUHS Director