

July 19, 2019

Dear Student and Parent:

This letter serves as notice of Hampton University's Influenza Policy. Every year Influenza virus affects hundreds of thousands of college students. Students at highest risk for serious illness are those who have weakened immune systems or suffer from chronic illnesses like asthma, diabetes, anemia, kidney disease or cancer. In addition, people over the age of 65 and pregnant women are at increased risk for influenza complications. **The Center for Disease Control and Prevention (CDC) recommends everyone over the age of six months receive influenza vaccination annually.**

The University is making every effort to limit the impact on our campus during flu season. Vaccination is the first step in prevention. Unless there are contraindications, we strongly encourage all students to be vaccinated. In the fall, flu shots are available locally at the Hampton Health District (3130 Victoria Blvd., 757-727-1172) or the nearby Walgreens (500 Settlers Landing Rd, 757-723-7614). Students should bring their insurance card and a picture ID. In addition, there will be a flu shot clinic in the fall on campus.

During the flu season, we will continue to closely monitor the campus for influenza activity and follow CDC management guidelines for the students who become ill with influenza or influenza-like illness. Once diagnosed, the University policy requires isolation from the campus community for 3-5 days or until fever free for 24 hours without the use of fever reducing medications, like Tylenol or Advil. Fever is defined as a temperature over 100.4° F / 38° C. **We require residential students to return home during the course of their illness and recovery, as they will not be allowed to attend class. Students are expected to return home for recovery to limit the spread of infection, and obtain clearance from the Health Center before their return to campus.** Parents of residential students will be notified by the Health Center of the situation and are asked to make arrangements to pick up their student so that they may be treated at home. Close contacts, such as roommates, may present to the Health Center for consideration of secondary prevention with antiviral medications to decrease the risk of influenza transmission.

To limit the spread of the flu:

- ^ Wash your hands frequently
- ^ Cover your cough with a tissue or your inner elbow
- ^ Use antiviral drugs if recommended by your doctor
- ^ Keep your environment clean

For more information regarding the flu, please check out www.CDC/flu.gov. If you have questions regarding the University Influenza policy, then please contact the Health Center at (757) 727-5315.

Sincerely,
Karen T. Williams, M.D.
Director, Health Center