

# USC Student Affairs

*Engemann Student Health Center*

October 31, 2016

FROM: Engemann Student Health Center Administration  
TO: USC Residential Community  
SUBJECT: **UPDATE** Student Health Advisory

We appreciate everyone's efforts to decrease the incidence of the gastrointestinal virus experienced by students living in residence halls. We are seeing positive results for those efforts, which include adherence to the prevention tips listed below. In addition, we intensified cleaning restrooms residence halls affected and dining venues. We also implemented increased staff training on additional precautionary measures. We are working closely with the county health department to monitor the situation and advise on precautionary measures.

Engemann Student Health Center reminds our university community to continue to adhere the following prevention tips:

- **Wash your hands often, especially after using the restroom.**
- **Rinse fruits and vegetables well (fresh fruits and lettuce especially).**
- **Clean possibly infected surfaces with chlorine bleach solution (this includes computer key boards and phones).**
- **Wash and dry infected clothing.**
- **Avoid contact with anyone who is infected.**
- **Avoid sharing food, drinks or utensils with others.**

As we've seen, viruses can spread easily from person-to-person. These viruses are usually a mild illness that begins suddenly and causes symptoms of nausea, vomiting, diarrhea, stomach cramps, and sometimes low-grade fever, chills, headache, muscle aches, and tiredness. There is no specific treatment except good hydration and anti-nausea medications in severe cases. Symptoms typically resolve within 48 hours.

**REMINDER: Washing your hands often and thoroughly is one of the best ways to help prevent the spread of viruses.**

If you experience any of these symptoms, it is best to stay home. Risk of dehydration is serious and can be avoided by drinking sports drinks and other clear liquids without caffeine or alcohol. Students with a meal plan can request delivery of a BRAT (banana, rice, apple sauce, toast) meal to their residence hall by emailing [diningbratmeal@usc.edu](mailto:diningbratmeal@usc.edu).

If you have concerns, please call the health center at (213) 740-9355. **For more information, please see the Engemann Student Health Center website: [usc.edu/engemann](http://usc.edu/engemann)**