

January 12, 2018

Dear students,

The California Department of Public Health (CDPH) has announced that flu activity in California is rising. Flu cases at Engemann Student Health Center are also increasing. College students who contract influenza miss an average 5 days of class.

USC Student Health Services is encouraging faculty, staff, and students to take steps now to protect themselves.

1. Get a flu shot. It takes about two weeks after vaccination for the body to respond fully.
2. Stay home while sick and limit contact with others, until you are at least 24 hours fever free.
3. Cover your cough or sneeze with your sleeve or disposable tissue
4. Wash hands frequently and thoroughly with soap and warm water, or use an alcohol-based hand sanitizer
5. Avoid touching your eyes, nose and mouth

Individuals at high risk of complications such as pregnant women, children under age 5 or people over age 65, or anyone with chronic medical conditions such as asthma, diabetes and heart disease should seek medical care immediately if they experience [symptoms of flu](#) (fever, chills and feeling very tired accompanied by sore throat, muscle or body aches, headaches, or nasal congestion).

If you are not in a high-risk group and have mild illness typically do not need medical care or antiviral drugs. You should stay home and avoid contact with other people. Anyone who experiences more severe symptoms such as trouble breathing, pain or pressure in the chest or abdomen, difficulty eating or drinking, or confusion should contact their health care provider or seek emergency care. More information about self-care is available at: <https://www.cdc.gov/flu/takingcare.htm>

Be safe and be well,

Ainsley Carry, EdD., MBA
Vice President for Student Affairs

Sarah Van Orman, MD, MMM, FACHA
Associate Vice Provost for Student Health
Chief Health Officer, Student Health