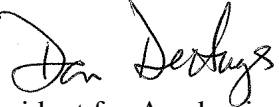




## MEMORANDUM

**TO:** University Faculty

**FROM:** Donald H. DeHayes   
Provost and Vice President for Academic Affairs

**DATE:** February 11, 2011

**CC:** Academic Deans, Department Chairs & Faculty Senate Executive Committee

**SUBJECT:** Flu Season Information

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The flu season is upon us and I have been asked by Chad Henderson, our Director of Health Services, to send the below flu information to our faculty. While we have fortunately not seen a serious outbreak, Rhode Island is experiencing a slight increase in cases of the seasonal flu. Please read the below recommendations and share them with colleagues and especially our students. These have proven to make a difference.

As we have done so in the past, please adjust your class attendance policy to ensure that students who are ill with influenza are not penalized for missing class. We do not want ill students in class spreading the virus. Students who become sick need to know that they have your permission to stay home and get better without incurring any penalty. Based on previous guidelines from the CDC, do not require students to get a note from a health care provider.

As always, thank you for supporting student learning in situations where students have had to miss class due to illness. This support may include making class notes available and/or being flexible with makeup assignments and exams.

Thank you for your thoughtful attention. If you have any questions, please feel free to contact my office (874-4410 or 4408).

### **Preventing the Flu Good Health Habits Can Help Stop Germs**

**1. Avoid close contact.**

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too. Do not share drinks, utensils, cigarettes, etc.

**2. Stay home when you are sick.**

If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness. Remain out until your temperature returns to normal for 24 hours.

**3. Cover your mouth and nose.**

When coughing or sneezing, cover your mouth and nose with a tissue or your inside elbow. It may prevent those around you from getting sick.

**4. Clean your hands.**

Washing your hands often will help protect you from germs.

**5. Avoid touching your eyes, nose or mouth.**

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

**6. Practice other good health habits.**

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

INFORMATION LINKS: [www.uri.edu/news/h1n1](http://www.uri.edu/news/h1n1) and [www.cdc.gov/flu](http://www.cdc.gov/flu) and [www.health.uri.edu](http://www.health.uri.edu)

Source: <http://www.cdc.gov/flu/protect/habits.htm> 5/1/09, rev 8/5/09, rev 9/27/10