



UC Hastings Law

SAN FRANCISCO

January 28, 2020

Dear Hastings Community -

According to the [Centers for Disease Control \(CDC\)](#), influenza activity is high across much of the United States. So far, influenza B/Victoria viruses have been reported more frequently than other influenza viruses this season, but this may be changing. It's not too late to get protected! It is recommended that anyone over the age of 6 months get a flu shot, and especially people with chronic medical conditions since they are at high-risk for flu-related complications.

In the news is also the recent emergence of the novel 2019 Coronavirus from Wuhan, Hubei Province, China. Several airports in the United States, including SFO, have started screening returning travelers from the area for symptoms, and [five cases have been reported in the United States](#). The situation is developing rapidly: we are monitoring the situation closely and working in concert with the [San Francisco Department of Public Health](#), our UC student health colleagues, and [UCSF PD Emergency Management](#). See the [CDC coronavirus website](#) for the latest information.

We anticipate a rise in influenza cases on campus. To help reduce the burden of influenza on our Hastings campus, Student Health Services (SHS) is advising students, faculty, and staff with flu-like symptoms to follow CDC recommendations for self-isolation until at least 24 hours after they are free of fever or signs of fever.

Flu symptoms can include fever or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscles and body aches, headache, fatigue, sometimes diarrhea and vomiting. Most people who get the flu do not need medical care or antiviral drugs. If you experience flu symptoms, you should stay home and avoid contact with other people until you are fever-free. Methods to prevent the spread of influenza and other viruses include:

- Cover your coughs and sneeze into a tissue or your sleeve (not your hands).
- Wash your hands with soap and water frequently, and certainly before/after touching your face or a sick person.
- Avoid touching your eyes, nose, and mouth.
- Clean and disinfect surfaces and objects contaminated with germs.
- Get a flu vaccine if you have not yet received one this season!

SHS will be monitoring national and local developments on influenza and coronavirus closely and will issue appropriate communications as the situation changes. In the meantime, stay well,

protect yourself, and instructors/managers please be flexible in dealing with student/staff absences.

We appreciate your cooperation in maintaining the health of the campus community.

Sincerely,

C Glenn Cooney MD
Medical Director
UC Hastings Student Health Services