

November 9th, 2012

Dear UC Riverside Student:

Your providers at the Campus Health center and nurses want to remind you and the entire campus that with the arrival of the height of the flu season prevention is the key to a healthy and flu free season.

On the average every year in the United States:

- 5% to 20% of the population will get the flu
- More than 200,000 people are hospitalized from flu complications
- Approximately 36,000 people die from flu each year in the United States

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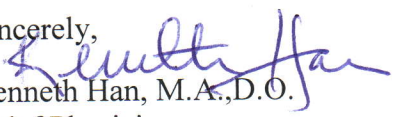
Please remember anyone can get sick from the flu and typically students will be unable to attend class for 5-7 days. People with certain health conditions such as asthma and diabetes are at high risk for flu complications, including pneumonia that may require hospitalization.

When an individual become infected, unvaccinated classmates, friends and roommates quickly follow suit, leading to missed school days, missed work, doctor visits and sometimes hospital visits.

The Campus Health Center recommends that following steps to protect yourself:

- **Get vaccinated:** Every year a new vaccine is developed to combat that year's particular influenza virus so annual immunization is necessary. Check our website for time and dates of our flu clinic. The earlier you vaccinate the better, especially if you have asthma, diabetes or other high risk health conditions.
- **Hand Washing:** Frequent hand washing keeps lots of germs out of our bodies, including the influenza virus. If soap and water are not available, use a hand sanitizer.
- **Use tissues to block a sneeze or cough:** If no tissues are available, use your sleeve. This helps prevent the spread of germs. Don't forget to wash your hands afterward, even if using a tissue.

Sincerely,


Kenneth Han, M.A., D.O.
Chief Physician