

The CDC is reporting widespread flu activity across the country and in this region.

In the meantime, please encourage precautions to decrease the spread of infection.

- Frequent handwashing
- Covering coughs and sneezes
- Discarding tissues properly
- Disinfecting common surfaces
- Good nutrition
- Adequate hydration
- Enough sleep
- Staying home if sick
- Seeking medical advice if necessary

I will ask Health Services staff to be vigilant in assessing students who are seen in health rooms. It may be necessary to decrease attendance thresholds during this time to minimize the spread of illness.

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