



## Responding To Flu-Like Symptoms

**If a medical professional recommends that you isolate for flu-like symptoms:**

- Tell your Resident Assistant.
- Return to your family home for isolation, if possible.
- Tell your roommate.
- If isolating in your on-campus residence, wear a mask in shared spaces, such as bathrooms, or when interacting with others. Additional masks available at the front desk.
- Contact your professors if you will miss class. The Student Health Center will not be providing doctor's notes to give to faculty.

**To request meal delivery:**

- Request meals through your Resident Assistant. Let the RA know how many meals you will want for the day (maximum of 3 per day).
- RAs will deliver meals to your room between 7pm and 8pm.
- The boxed meals contain: Gatorade, water, soup, fruit cup, 4 crackers, silverware, and napkin.

**If your roommate has been asked to isolate:**

- Clean your space, including door knobs and appliances, with a multipurpose cleaner (Lysol, Formula 409, etc.). Cleaning supplies are available at the front desk of your hall.
- Due to lack of available space, University Housing does not have the ability to relocate students.

**Tips for avoiding illness:**

- Wash hands often with soap and hot water.
- Use antibacterial wipes to frequently clean room surfaces.
- Avoid touching eyes, nose, and mouth.
- Cough or sneeze into your sleeve, not your hand.
- Utilize hand sanitizers located in your hall's common areas and in Gibson Dining Hall.
- Get a seasonal flu shot and the H1N1 vaccine once they are available.

**For more information, please see the Student Health Center website at: [www.pittstate.edu/office/health](http://www.pittstate.edu/office/health)**