MEMORANDUM

To: CUNY Students, Faculty and Staff
From: Office of Environmental, Health, Safety and Risk Management
Date: December 1, 2015
Subject: Flu Season Preparedness

Dear Colleagues,

With the weather starting to become colder, it’s now time to get ready for the Flu season to start. Students, faculty, and staff can get sick with flu, and institutions may act as a “point of spread” that can easily spread flu to others as well as the larger community. Here are a few tips to follow to lower your chances of catching the Flu this season:

- Get plenty of sleep. If your well rested your less likely to become infected with the Flu virus.
- Be strict about washing hands. Hands covered in germs spread colds and the flu. Make sure to scrub your hands well with soap or an alcohol-based hand rub for 20 seconds.
- Avoid touching your eyes, nose, or mouth. Germs spread this way.
- Get your flu shot. One of the best ways to avoid catching the flu is to get vaccinated against it.

Cleaning and disinfecting during flu season

Cleaning and disinfecting are part of a broad approach to preventing infectious diseases in an educational environment. Most studies have shown that the flu virus can live and potentially infect a person for only 2 to 8 hours after being deposited on a surface. Flu viruses are relatively fragile, so follow your standard procedures for routine cleaning and disinfecting practices, they are sufficient to remove or kill them. Typically, this means daily sanitizing surfaces and objects that are touched often, such as desks, countertops, doorknobs, computer keyboards, hands-on learning items, faucet handles, phones, etc.

If you get sick

CDC guidance recommends that, faculty, students, and staff with flu-like sickness should stay in their home or residence hall until at least 24 hours after they no longer have a fever (100 degrees Fahrenheit or 37.8 degrees Celsius) or signs of a fever (have chills, feel very warm, have a flushed appearance, or are sweating). This should be determined without the use of fever-reducing medicines (any medicine that contains ibuprofen or acetaminophen). Click Here to learn more about the Flu and how to prevent or recover from it. To stay up-to-date on the amount of Flu cases being reported in the NYC area, view the CDC's weekly influenza tracker.

For more information on this topic, please visit the following pages:

CUNY’s Flu Page
NYC Emergency Management’s Flu Guide