Protect Yourself Against the Flu!

September 29, 2015

To UWRF students, faculty, and staff,

Once again, influenza season has arrived. Below is information about how to prevent or help lessen the impact of influenza.

Get a Flu Vaccine!

One of the best ways to avoid getting influenza is to get an annual flu (influenza) shot (see below for where persons can obtain influenza vaccines for the 2015-2016 influenza season, including two on-campus flu shot clinics). All people 6 months and older who do not have contraindications are now recommended to receive annual influenza vaccination. CDC recommends that influenza vaccination begin as soon as vaccine becomes available in the community and continue throughout the flu season. It takes about two weeks after vaccination for antibodies to develop in the body and provide protection against influenza.

Take everyday preventive actions to stop the spread of germs that cause influenza and colds, and other illnesses as well.

- **Practice other good health habits, such as cleaning shared work spaces with disinfectant between users.** Also get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

- **Practice good hand hygiene** by washing your hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.

- **Cover your mouth and nose with a tissue when you cough or sneeze.** If you don’t have a tissue, cough or sneeze into your elbow or shoulder; not into your hands.

- **Avoid touching your eyes, nose, or mouth.** Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

- **Stay Home When You Are Sick.** If you have these symptoms, you should stay home, meaning do not go to classes or work for at least 24 hours after you no longer have a fever.

Stay Home When You Are Sick. Flu symptoms may include fever, coughing, sore throat, runny or stuffy nose, headaches, body aches, chills, and fatigue, and vomiting and diarrhea may also occur. If you have these influenza/influenza-like symptoms, you should stay home, meaning do not go to classes or work for at least 24 hours after you no longer have a fever. Ask a roommate, friend, or family member to check up on you and to bring you food and supplies if
needed. For students living in the residence halls, isolation meals can be arranged for by going to [http://www.uwrf.edu/Dining/MealPlans/IsolationMealBox.cfm](http://www.uwrf.edu/Dining/MealPlans/IsolationMealBox.cfm) or calling 715/425-4444 and asking for Dining Services. Disposable thermometers are available at each residence hall front desk and the Student Health Services office at 211 Hagestad Hall. Free cold/flu kits, with helpful information and supplies, are also available in the Student Health Services office. For students who have these influenza/influenza-like symptoms, contact your instructors via email or phone to let them know you will not be in class. You are expected to make arrangements to retrieve class notes from a peer and complete all missed work in a reasonable time frame. Communicate with your instructor if you have questions.

In most cases, **healthy individuals who develop influenza/influenza-like symptoms do not need to seek medical attention.** Those with underlying medical conditions who develop influenza/influenza-like symptoms should contact their health care provider.

Below is information about where persons can obtain influenza vaccines for the 2015-2016 influenza season, and where to go for more information about seasonal influenza.

Influenza shots and FluMist (the intranasal influenza vaccine) are covered by Student Health Services at Vibrant Health Family Clinics in River Falls (formerly the River Falls Medical Clinic) for current students. UWRF students must call ahead for an appointment to Vibrant Health Family Clinics in River Falls at 715-425-6701 (Taxi rides to and from covered for students by Student Health Services, call 715-425-7878) or students may also contact their own health care provider if they wish. UWRF faculty and staff should contact their health care provider.

Currently, we plan to have **two seasonal influenza vaccine clinics on campus** this fall:

1. **Generally for UW-River Falls students:**
   **Tuesday, October 13, 2015 from noon-2:00 p.m. in Room 334 in the University Center (provided in collaboration with Pierce County Public Health Department).**
   The cost for flu shots (quadrivalent) at this campus clinic will be free for students and $32 for non-students (so anyone can receive a seasonal flu shot at this clinic for $32). Only 100 doses of flu shots will be available at this clinic.

2. **Generally for UW-River Falls faculty and staff:**
   **Tuesday, October 20, 2015 from 11:00 a.m.-2:00 p.m. in the Room 334 in the University Center (provided in collaboration with Vibrant Health Family Clinics).** Vibrant Health Family Clinics are providers for most of the UWRF employee insurance plans (Healthpartners, WEA, Humana) but are not providers for the WPS State plan. A claim will be filed with your health insurance, but must present a valid health insurance card. If you have any questions about benefits you should contact your insurance plan directly. The cost for flu shots (quadrivalent) at this campus clinic if you do not have health insurance coverage, if you are not covered by one of the UWRF employee insurance plans, or you are covered by WPS State plan, is $35 (check or cash only).
Seasonal Influenza Vaccines Also Available:
Seasonal influenza vaccines are also currently available through both Pierce County Public Health Department (715-273-6755) for $32 (quadrivalent) and Saint Croix County Public Health Department (715-246-8263) for $35 (5 quadrivalent). Please call for more information.

Vibrant Health Family Clinics in River Falls is currently offering seasonal influenza shots for $35 (quadrivalent). The Clinic also currently has FluMist (nasal spray; live, attenuated virus; persons aged 2-49 years old), but at a higher cost ($45), as well as Fluzone High-Dose for persons 65 years or older ($35). Again, influenza shots and FluMist are covered by Student Health Services at Vibrant Health Family Clinics in River Falls for current UWRF students. Persons must call ahead to 715-425-6701 to schedule an appointment.

The following pharmacies in River Falls are offering seasonal influenza shots and will bill insurances:

- Family Fresh Pharmacy (715-425-8494) (303 South Main Street, River Falls): $34.99, quadrivalent, no appointment necessary, adults only
- Shopko Pharmacy (715-425-6272) (1777 Paulson Road, River Falls): $39.99 for trivalent and $49.99 for quadrivalent, no appointment necessary, age 6 and older
- Walgreens Pharmacy (715-426-4089) (1047 N. Main Street, River Falls): $31.99 for trivalent flu shots, age 7 and older; $39.99 for quadrivalent; $39.99 nasal spray (FluMist), $59.95 for high dose (age 65 and older, usually covered by Medicare part B), all are walk-ins only


For more information about University’s response to emergencies, go to http://www.uwrf.edu/Emergency/. The University does have an up-to-date pandemic influenza campus plan. For more information or questions, contact Student Health Services at 715-425-3293 (http://www.uwrf.edu/StudentHealthAndCounseling/).
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