Protect yourself and others

Along with US health officials, we at RIT are monitoring an outbreak of a novel coronavirus that emerged in Wuhan, China last month and has begun to spread to other countries, including a few cases in the United States. Symptoms of the virus include fever and lower respiratory illness (e.g., cough, difficulty breathing). The illness can be more serious, especially for patients with a weakened immune system, the elderly, or those with underlying respiratory problems.

Health officials across New York State met this morning to discuss measures to ensure the coronavirus is understood and contained. While health officials do not believe it poses a significant threat to
the general public, it is important to be vigilant to the possibility of additional cases in the United States.

This time of year poses a greater risk for all respiratory viruses including influenza. There are simple things we can do to decrease our chances of getting sick or spreading germs that can cause illness.

• It’s not too late to get the flu shot. Local pharmacies can administer with proof of your insurance or students can purchase one through the Student Health Center for $20 and submit the receipt to their insurance company
• Avoid close contact with sick people
• If you are sick, limit contact with others for 24 hours after the fever is gone. Stay home or in your residence hall room
• Cover your nose and mouth with a tissue when you cough or sneeze, dispose of the tissue immediately
• Cough into your elbow instead of your hand if you don’t have a tissue
• Wash your hands often with soap and water or use alcohol-based hand rub
• Seek medical care if you are short of breath, have a fever for more than three days or can’t keep fluids down
• If you would like a mask to help prevent spreading your germs or infecting others, they are available in the August Building lobby aka Student Health Center

Protect yourself; protect others.

Any questions, or for the flu vaccine, we are here for you at the Student Health Center.

Sincerely,

Lindsay Phillips, MD (she, her)
Medical Director, Student Health Center
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