



Flu got you down? ☹

Residential students with suspected cases of the 2009 H1N1 flu (Swine flu) will need to either go home for recovery or isolate themselves by moving temporarily into designated "sick room" (if unable to go home). If you are or become ill with the flu, here's what to expect.

If you can GO HOME to recover: (strongly recommended)

- You may have to leave your room to stay in a "sick room" until your ride is able to pick you up; this will allow Housekeeping staff to disinfect your room to limit spread to your roommate.
- Your faculty will be notified that you are ill and that you will be out of class for 5-7 days. ***This will be an excused absence***; you will be expected to stay in touch with your faculty via email and Blackboard to stay on top of assignments as your health permits.
- As soon as you start to feel better, email iamsick@wju.edu to let us know the following:
 - **Residence Hall, Room #**
 - **Phone number**
 - **Date and approximate time when you first started to feel better and when your fever subsided.**
 - **Email address**
 - **Generally, how are you feeling?****Remember that you need to be without fever for 24 hours before returning to campus/classes.**
- Wait for an email or phone call response from the University, "clearing" you (per Center for Disease Control recommendations). Please note this may take a little longer over the weekend.
- Once you are cleared to return to campus, your RD and faculty will be notified of your expected return to campus and to the classroom.

If you move to a SICK ROOM on campus to recover:

- Temporarily moving you to a "sick room" will limit the spread of your flu to well students and allow housekeeping staff to disinfect your room to limit spread to your roommate; expect to not leave the "sick room" housing until you are cleared to resume normal activity. Well friends will not be able to visit with you although we hope you can stay in touch via the internet and phone.
- Your faculty will be notified that you are ill and that you will be out of class for 5-7 days. ***This will be an excused absence***; you will be expected to stay in touch with your faculty via email and Blackboard to stay on top of assignments as your health permits. Your "sick room" will have internet access; if you can't take your computer with you, one will be provided (if available).
- You will receive a daily "check-up" with a nurse to monitor your symptoms.
- Your residence life staff will check in on you several times throughout the day to make sure you're okay. You will be given a phone number to contact if you need assistance.
- Use the "Sick Meal Request Forms" to have meals delivered to you.
- You should not leave "sick room" housing until you are cleared to resume normal activity. Well friends will not be able to visit with you in person; stay in touch via the internet and phone.
- As soon as you start to feel better, email iamsick@wju.edu to let us know the following:
 - **Residence Hall, Room #**
 - **Phone number**
 - **Date and approximate time when you first started to feel better and when your fever subsided.**
 - **Email address**
 - **Generally, how are you feeling?****Remember that you need to be without fever for 24 hours before returning to campus/classes.**
- Wait for an email or phone call response from the University, "clearing" you (per Center for Disease Control recommendations). Please note this may take a little longer over the weekend.
- Once you are cleared to leave "sick housing" and resume normal campus life, your RD and faculty will be notified of your expected return to your residence room and to the classroom.

Throughout your illness, please stay in touch with us @ iamsick@wju.edu to let us know how you are. We hope you are feeling better very soon.