



Student, Staff and Faculty,

The Xavier community should expect to see a spike in the number of flu cases affecting our students, staff and faculty. Many hospitals in the greater New Orleans region has been hit hard by the higher volumes of flu related illnesses. A significant amount of our current flu is the H3N2 “A” virus, which can lead to more serious illness. We must remain vigilant and educated as we progress through this pandemic. It may not be until March that Louisiana begins to see a sharp decline in the number of flu cases. Although the common cold and flu share many symptoms between the two, you should know the difference between them. The subtle differences of flu include: high fever 101 or greater, nausea, vomiting, muscle aches, joint pains and generalized weakness. If you are experiencing any of these symptoms please seek medical attention. Any questions or concerns can be directed to the CDC's website and/or Student Health Services.

**Prevention Tips:**

- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.
- Now is still a good time to get vaccinated. Flu vaccine is readily available for both children and adults at health care providers, community pharmacies and parish health units in Louisiana.
- Try to avoid close contact with sick people.
- While sick, limit contact with others as much as possible to keep from infecting them.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine.)
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

Thanks,

Dr. Robert Mercadel,

Medical Director, Office of Student Health Services