

Our advice to students is as follows:

- As a general rule, don't miss class. Class attendance is one of the key predictors of academic success.
- If you feel sick, don't go to class but make sure you honor the terms of your instructor's excused absence policy (e.g., email notification to instructor prior to class conveying that you feel sick and will miss class.)
- If you have flu-like symptoms, please visit the University Health Service on campus. Influenza (flu) is a febrile respiratory disease. Unless you have a fever (temperature above 100.4 degrees F) and a cough, sore throat and/or congestion, you probably do not have the flu.
- Practice a healthy lifestyle – Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.
- Cover your mouth and nose with a tissue when coughing and/or sneezing. Immediately throw the tissue in the garbage.
- If a tissue is not available, cough or sneeze into the crook or elbow of your arm or onto your sleeve, NOT your hand.
- The flu spreads very easily. You don't know when you may have touched something someone with the flu just touched, so wash your hands frequently throughout the day with warm soapy water. If soap and water are not available, alcohol-based hand sanitizers and gels are a suitable substitute. (The university encourages you to carry your own personal size container of hand sanitizer.)
- Avoid touching your nose, eyes, and mouth.

More information can be found at the UK website. Go to the UK Homepage [www.uky.edu](http://www.uky.edu) and click on the "H1N1 (Swine) Flu" link at the top of the homepage.