

Dear Student:

We're sorry to hear you're feeling under the weather. We wanted to make sure you received information on things you can do to begin feeling better as well as limit the spread of sickness to those around you.

We recommend you contact UMKC Student Health and Wellness (235-6133) or other primary health care provider to make an appointment if you have not already done so. Primary treatment is rest, fluids, monitoring temperature and using acetaminophen or ibuprofen for symptom relief. Health professionals recommend drinking 1-2 glasses of liquid (water, Gatorade, etc.) for every hour that you're awake. TAMIFLU and other anti-viral medications are being reserved for those at higher risk for complications at this time. Anyone with a chronic health condition may be at higher risk and should be seen by a health care professional.

To limit exposure of your symptoms to other people, we encourage students to make arrangements to go home, if possible, or stay in their room if not until they have been fever-free for 24 hours without the assistance of fever-reducing medications.

Faculty have been alerted to the issue of spreading illness and have been asked to work with you during this flu season as needed. Please notify your instructors as soon as possible:

- Consult your syllabus for absence policies and instructor contact information.
- Contact instructors by phone or email and inform them you are sick and will be missing class.
- Clarify how and when you will be able to make up any missed class work while you are sick.
- Confirm if they will need a note to verify your illness and excuse your absence.

If you need assistance contacting your professors, please talk with the Residential Life staff, and they will do what they can to help you.

Resources available for your assistance:

- Food for Friends – contact your RA for more information about this program. Residential Life staff will be working with other residents to provide meals to those students who are isolating themselves during illness.
- Disinfectant Cleaning Buckets – these can be checked out at the front desk for roommates or suitemates who want to clean their rooms and bathrooms to prevent the spread of illness.
- Additional Help – if you need items from the Convenience Store in the basement of Oak Street Residence Hall, students and staff may be available to assist you. Contact the front desk of your residence hall for assistance.

Helpful Contact Information:

- UMKC Health and Wellness: 816-235-6133
- UMKC Helpline: 816-235-2222 or umkc-helpline@umkc.edu
- Oak Street Hall Front Desk: 816-235-8400
- Johnson Hall Front Desk: 816-235-2800
- Oak Place Front Desk: 816-235-5140

Sincerely,
UMKC Residential Life Staff