Health Update

Since Friday, March 4, we have received reports from students in UW Housing who have been ill with symptoms of vomiting and diarrhea. Here’s what you need to know to protect yourself and limit the spread of infection.

WASH YOUR HANDS
Your best defense is to wash your hands thoroughly and frequently with soap and water several times a day—and always before eating or preparing food and after using the bathroom. Alcohol-based hand sanitizer is also good to use, but soap and water are preferred. Try to keep your hands away from your mouth. If you smoke or bite your nails, be especially careful about hand washing. Keep washing your hands during and after your illness, to minimize the risk of infections to others and your own reinfection.

DRINK FLUIDS
If you get sick, you should feel better within 24 to 48 hours. The best treatment is rest and drinking small, frequent amounts of clear, non-caffeinated fluids to stay hydrated. If you become severely dehydrated, you may need medical attention.

COME TO UNIVERSITY HEALTH SERVICES (UHS), 333 EAST CAMPUS MALL
Make an appointment online using MyUHS or call 608-265-5600.

DO NOT GO TO CLASS OR WORK
While you have symptoms:
- Do not go to class or work, and avoid social gatherings. This will help limit the spread of disease on campus. Communicate promptly with your professor if you have to miss class due to illness.
- If you work in dining services, health care, or child care, you must not go to work until you have been symptom-free for at least 72 hours (please note: this is longer than the 24-hours required for H1N1). Report your symptoms to your supervisor.

REPORT YOUR ILLNESS
If you develop symptoms, tell your House Fellow so that the spread of disease can be monitored. Special procedures are needed if vomit needs to be cleaned up, so please alert University Housing staff.

If you have health questions or need medical attention, call University Health Services at 608-265-5600.

For more information, visit uhs.wisc.edu and continue to check your WiscMail account.