



The Universities AT SHADY GROVE

To: USG Staff
From: Office of Human Resources
Date: February 21, 2018
Subject: Spring 2018 Influenza Season

The [Center for Disease Control](#) (CDC) and [Maryland Department of Health and Hygiene](#) have issued statements regarding the widespread flu affecting people around the country and the state of Maryland. The flu is an acute, highly contagious, respiratory disease that can include sudden onset fever, sore throat, fatigue, muscle aches, headache, and cough.

It is very important that we take some preventive measures to protect ourselves and minimize the impact of the flu on the University environment. Here are a few simple [CDC tips](#) for good health habits that can help stop the spread of the flu:

- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- ***Stay home from work***, school, and errands when you are sick. This will help prevent spreading your illness to others.
- Cover your mouth and nose with a tissue when coughing or sneezing. It may help prevent spreading your illness to others.
- Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs.
- Clean and disinfect frequently touched surfaces at home, work, or school, especially when someone is ill.

Additionally, here are some useful materials from the CDC that may assist you in fighting the flu.

[Flu Prevention Tools and Resources at Work](#)
[Cover Your Cough](#)
[Everyday Preventive Actions to Fight Germs](#)