

June 27, 2023

Dear Student and Parent:

This letter serves as notice of Hampton University's Infectious Disease Policy. The Influenza and COVID-19 virus affects all college students. Students at highest risk for serious illness are those who have weakened immune systems or suffer from chronic illnesses like asthma, diabetes, anemia, kidney disease or cancer. In addition, people over the age of 65 and pregnant women are at increased risk for influenza and COVID-19 complications. **The Center for Disease Control and Prevention (CDC) recommends everyone over the age of six months receive influenza vaccination annually.**

The University is making every effort to limit the impact of Influenza and COVID on our campus. Vaccination is the first step in prevention. Unless there are contraindications, the COVID-19 vaccine and booster are mandatory and we strongly recommend the influenza vaccine. In the fall, flu shots are available locally at the CVS 401 East Mercury Blvd Hampton, VA (757) 728-3524 or the nearby Walgreens 500 Settlers Landing Rd Hampton, VA (757)-723-7614 or 919 West Mercury Blvd, Hampton, VA (757) 827 2995. Students should bring their insurance card and a picture ID. In addition, there will be a flu shot clinic on campus in the fall.

During the flu season, we will continue to closely monitor the campus for influenza activity and follow CDC management guidelines for the students who become ill with influenza or influenza- like illness. Once diagnosed, the University policy requires isolation from the campus community for 3-5 days or until fever free for 24 hours without the use of fever reducing medications, like Tylenol or Advil. Fever is defined as a temperature over 100.4° F/38° C.

We require residential students ill with COVID-19 or Influenza to isolate at the Religious Studies Center (RSC) or alternatively at home or off campus location to limit the spread of infection during the course of their illness and recovery, as they will not be allowed to attend class. Students are required to obtain clearance from the Health Center before their return to campus. Close contacts of positive COVID-19 students, such as roommates, should contact the health center for guidance. Close contacts of positive influenza students, such as roommates, may present to the Health Center for consideration of secondary prevention with antiviral medications to decrease the risk of influenza transmission.

To limit the spread of Influenza and COVID-19, students are asked to:

- Wash your hands frequently
- Cover your cough with a tissue or your inner elbow
- Use antiviral drugs, if recommended by your doctor
- Keep your environment clean
- Avoid close contact with people who are sick
- Wear a mask as indicated for Influenza or COVID-19 symptoms

For more information regarding the flu and COVID-19, please check out www.cdc.gov/flu/about/season/index.html and cdc.gov/coronavirus/2019-ncov/index.html. If you have questions regarding the University Influenza or COVID-19 policies, then please contact the Health Center at (757) 727-5315.

Sincerely,

Morgan Bennett MSN, FNP-BC
Family Nurse Practitioner
Hampton University
Student Health Center