

SARS and the University Community

Recommendations for New UF Students/Staff Arriving from SARS Affected Areas

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When you first arrive at the University of Florida campus after you have traveled from an area with suspected or confirmed SARS illness, **it is your responsibility to contact Student Health Care Center Administration 352-392-1161, ext. 1-4217**. You will be counseled about certain precautions you need to take to protect your health and the health of the University community. You will be asked a few questions including:

- What countries/provinces you traveled from?
- Do you have a fever or any respiratory symptoms?
- Have you had close contact with a person ill with SARS?

1. To protect your personal health and the general health of the campus community, follow these guidelines:

- Be vigilant in monitoring yourself for fever and respiratory symptoms including cough, shortness of breath, and difficulty breathing for 10 days after your arrival.
- Purchase a digital thermometer to make taking your temperature fast and easy.
- **Wash your hands often with soap and water**, especially before meals or use an alcohol-based hand rub if you cannot wash.
- Cover your mouth and nose with a paper tissue if coughing or sneezing. Discard the tissue as normal waste. If you use your hands to cover your mouth and nose, wash your hands immediately.
- **If you do develop a fever >100.4 F (38 C) and/or respiratory symptoms, call the Student Health Care Center, 352-392-1161 ext 1-4217 and speak to the nurse.** The nurse will assess your symptoms and arrange a medical evaluation if necessary.
- **Seek medical care by first calling ahead to alert the Nurse** that you have a fever and/or respiratory symptoms and have traveled to a SARS affected country. When seen, the nurse will place you in a private room and ask you to wear a mask. The medical and nursing staff will also wear masks and gowns for their own protection. These practices offer the best chance of reducing transmission of infection to others.

2. If you have had a true SARS exposure to a person ill with the disease or have come in direct contact with infectious materials from a person ill with SARS, you will be asked to monitor yourself for fever and respiratory symptoms twice a day for 10 days.

- Your temperature should be taken twice daily and recorded.
- Self monitoring temperature logs are available at the Student Health Care Center's website in a printable format <http://www.health.ufl.edu/shcc/sars.htm>
- A nurse will call you twice a day during this time.
- If you do develop a fever or respiratory symptoms, it is advised that you stay inside your home or apartment. **You should not go to class, work, or be in public places because you may be infectious to others.**
- **If your respiratory symptoms worsen, call your nurse at 352-392-1161 ext. 4217 to see if you need a medical evaluation.**

STAY informed by frequently visiting these health web sites:

Centers for Disease Control and Prevention – <http://www.cdc.gov/ncidod/sars/>

World Health Organization – <http://www.who.int/>

UF Student Health Care Center – <http://www.health.ufl.edu/shcc/>

If you have any questions or concerns directly related to SARS, email us at
SARS@nersp.nerdc.ufl.edu

