



Winter 12-12-2003

Combatting Flu on College Campuses

Jeffery Hanna
Illinois Wesleyan University

Follow this and additional works at: <https://digitalcommons.iwu.edu/news>

Recommended Citation

Hanna, Jeffery, "Combatting Flu on College Campuses" (2003). *News and Events*. 4916.
<https://digitalcommons.iwu.edu/news/4916>

This Article is protected by copyright and/or related rights. It has been brought to you by Digital Commons @ IWU with permission from the rights-holder(s). You are free to use this material in any way that is permitted by the copyright and related rights legislation that applies to your use. For other uses you need to obtain permission from the rights-holder(s) directly, unless additional rights are indicated by a Creative Commons license in the record and/ or on the work itself. This material has been accepted for inclusion by faculty at Illinois Wesleyan University. For more information, please contact digitalcommons@iwu.edu.

©Copyright is owned by the author of this document.

December 12, 2003

CONTACT: Jeffery G. Hanna

Combating Flu on College Campuses

BLOOMINGTON, Ill. — In the face of predictions of a worse-than-usual flu season, health professionals at Illinois Wesleyan University are hopeful that an aggressive program of flu shots this fall will help minimize cases and are carefully monitoring the situation since outbreaks on campuses can be especially difficult to contain.

According to Dolores Helm, director of the Student Health Services, slightly more than one-fourth of the university's 2,100 students volunteered to receive free flu shots this fall. In addition, about a fourth of the faculty and staff also participated in the Health Services' vaccination program.

"This is about the same number that we've administered for the past five years," said Helm. "We had a particularly bad flu season about five years ago before we began to push the vaccine."

Helm and members of her staff administered shots not only in the Health Service but also traveled to residence halls and to faculty and staff offices in efforts to get as many members of the community vaccinated as possible.

"Like all colleges and universities, we are at risk for contagious disease outbreaks, and we will monitor our situation carefully because of the predictions we have been seeing," said Helm. "My experience has been that, more and more, our students are proactive when it comes to their health. They tend to seek prompt medical help when they don't feel well and they heed advice about how to stay well. No one wants to miss class and fall behind."

The semester ends at Illinois Wesleyan on Friday (Dec. 12), and one of Helm's concerns will be the health of students when they return for the second semester in early January. She notes that students often bring a variety of illnesses back to the campus with them.

"We have posted a notice on our Web site already that recommends that students who are suffering from illnesses, especially upper respiratory illness, should consider delaying their return a few days," said Helm. "We are, of course, encouraging students to exercise the common-sense precautions, and, we are, in our office, following the Center for Disease Control's recommended guidelines."

To schedule an interview with Helm, contact either Jeff Hanna or Ann Aubry at 309/556-3181.