

Dear Residential Student at UMBC:

First, let me welcome you to living on campus. I am confident you will enjoy your residential experience. University Health Services is located on the ground floor of Erickson Hall, and is open 8:30 am– 5:00 pm Monday through Friday. We provide a range of services, including treatment for colds and flu, confidential testing for STD's and HIV, birth control, allergy shots, and many other services, such as massage therapy and acupuncture. University Health Services is an integral part of the UMBC community and we hope you take advantage of the services we offer.

**Since the Spring 2009 H1N1 Pandemic Flu Outbreak, University Health Services has continued to monitor its progression.**

UHS encourages everyone to get an H1N1 vaccine, and can do so at our health center.

In addition, I encourage you and your family to add preparation for this year's flu season to your move in-day plans:

- Please plan to **arrive on campus with basic home care illness supplies** like tissues, pain/fever relievers like ibuprofen, throat lozenges, and other over the counter items you would need if you became ill. In addition, it's always a good idea to have a supply of bottled water and non-perishable food items available. For more information on emergency supplies, visit [www.redcross.org](http://www.redcross.org) or [www.cdc.gov](http://www.cdc.gov).
- Please talk with your family before your arrival to **plan what you would do in the event that the university would close during a health or other emergency**. When you complete your residence check-in information, you will be asked to provide information about how you would leave campus and where you would go during the closure. For more information about creating emergency plans, visit <http://emergency.cdc.gov>.

In the event of any health emergency, University Health Services will work closely with and follow the mandates of the Maryland Department of Health and Mental Hygiene (MDHMH) and the Centers for Disease Control (CDC).