



# University of Pittsburgh

*Division of Student Affairs*  
*Student Health Service*

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To Incoming Students and Their Families:

We are looking forward to your arrival later this month and to welcoming you to the University of Pittsburgh family. An important resource for you as you live, study, and work on campus is the Student Health Service, offering high-quality medical care to our students at our office and clinic in the Medical Arts Building on Fifth Avenue.

Here are a few frequently asked questions about student health issues that I'd like to address now so that you can be well prepared as you head our way:

Q: What should I bring to campus to be prepared for an illness?

A: It is a good idea to have a basic medical kit that includes a thermometer, Band Aids, antibiotic cream, ibuprofen or acetaminophen, and hand sanitizer. It is also important to have your insurance card.

Q: How worried should I be about the H1N1 flu virus?

A: At this time, this virus (also known as swine flu) causes relatively mild illness for most healthy people, similar to a mild case of seasonal flu. Pitt is closely monitoring the situation and is following the national Centers for Disease Control and Prevention guidelines on how best to manage this illness. At the start of this school year, we will begin an educational campaign directed at the entire Pitt community on ways to stay healthy and minimize the chance of infection. In the event of an outbreak of H1N1 on campus, we will be working with the local health department to control the spread of infection.

Q: How can I stay healthy?

A: Follow common-sense guidelines to prevent getting or spreading this virus or other illnesses: Wash your hands often with soap and water or an alcohol-based hand sanitizer, cover your nose and mouth with a tissue when you cough or sneeze, and avoid contact with others when you

have flu-like symptoms. Antiviral medications (such as Tamiflu) are only necessary if you have a chronic medical condition such as asthma or diabetes, are immunocompromised, or are pregnant.

We respect the maturity and common sense of our students, so you will not get constant reminders to sleep eight hours a night, eat your fruits and vegetables, and maintain good personal hygiene. But it is important for all of us to realize that the better we treat our bodies, the better we will be able to avoid illness and perform to the best of our abilities.

I encourage you to visit the following Web sites to learn more about Pitt's Student Health Service and other health-related resources:

Student Health Service: [www.studhlth.pitt.edu](http://www.studhlth.pitt.edu)

H1N1: [www.pitt.edu/swine-flu](http://www.pitt.edu/swine-flu)

Students abroad: [abroad.pitt.edu/healthandsafety.html](http://abroad.pitt.edu/healthandsafety.html)

Best regards,

A handwritten signature in black ink, appearing to read "Elizabeth S. Wettick, MD". The signature is fluid and cursive, with the initials "ESW" being prominent.

Elizabeth S. Wettick, MD  
Medical Director