

**Group Updates-April 12th, 2010**

The Graduate Student Support Group will have their final meeting for the semester on Tuesday, April 13th and resume again in the Fall of 2010. Please check back in the Fall for updates on the group.

**MyHealth Center (Patient Portal)---March 24th, 2010**

All technical issues involving the patient portal have been resolved.

We apologize for any inconvenience caused.

**STOMACH FLU---January 29th, 2010**

The clinicians at UHCS have been seeing an increasing number of cases of viral gastroenteritis over the last two weeks. Commonly called "*the stomach Flu*", this illness is often caused by rotavirus or norovirus and can be highly contagious. Symptoms typically include diarrhea and/or vomiting, body aches and fever. Treatment consists of rest, a simple diet, and generous oral hydration (although severe cases may require intravenous fluids). The best way to avoid contracting this illness is to be extra vigilant about personal hygiene! Wash your hands or use hand sanitizer regularly throughout the day. Be especially careful after using commonly touched surfaces like keyboards, table tops or gym equipment. Keep your bathroom and kitchen surfaces clean and do not share drinks or hand towels. Fortunately, these symptoms tend to last no more than four to seven days. Most patients will not require medical attention if they are able to keep well hydrated but those acutely ill should make an appointment to see us here at UHCS.

Stay clean and healthy,

UHCS Staff