

In case of illness, students who are not able to make it to the dining halls have a couple of options. As outlined on Alert Carolina, alertcarolina.unc.edu, (**H1N1 Flu Update: University Issues New Guidelines for Fall 2009 for Students**) students diagnosed with or are suspected of having influenza should not come to the dining halls and should avoid contact with others until at least 24 hours after their fever resolves without the use of fever reducing medications (e.g. Tylenol or ibuprofen). Students should use the resources posted on the [Campus Health Services Web site, campushealth.unc.edu](http://campushealth.unc.edu), to find information about symptoms and what to do to prevent contracting the virus.

In cases where it is advisable that you not come to the dining halls, it is recommended that you designate a Flu Buddy. A Flu Buddy would be someone who does not show Flu symptoms that can pick up food for you. Using a Flu Buddy the following two options are available to you:

1. At Top of Lenoir or Rams Head Dining Hall during normal operating hours, you may authorize your Flu Buddy to pick up a meal. Simply download the [Dining Authorization Form](#) and fill it out and sign it. Your Flu Buddy presents this to the cashier at Top of Lenoir or Rams Head authorizing the cashier to charge your account. For students with a meal plan this will count as a meal, as long as you still have meals available. Otherwise your student Flex or Expense will be charged the door rate:
 - a. Breakfast - \$ 7.25
 - b. Lunch - \$ 9.35
 - c. Dinner - \$ 9.65

Note: For Flu like symptoms it is recommended that you eat a [bland diet](#).

2. Carolina Dining Service has pre-packed a three (3) day supply of shelf stable prepackaged food items and beverages. Each kit contains:
 - a. Three microwavable cans of soup
 - b. Three bottles of Gatorade
 - c. Three bottles of water
 - d. Three (3) chicken or tuna lunch pack
 - e. A package of crackers
 - f. Three pieces of fresh fruit (apples and oranges)
 - g. Six (6) pre-packed individual containers of apple sauce
 - h. Four (4) packs of peanut butter or cheese crackers

The Pre-Packaged Dining Kits are available at Rams Market during normal operating hours (<http://www.dining.unc.edu/ramsmarket.aspx>). As in option one (1) simply download the [Dining Authorization Form](#) and fill it out and sign it. Once the authorization form is filled out, your Flu Buddy presents this to the cashier at Rams Market authorizing the cashier to charge your account. For students with a meal plan this will count as 4 meals, as long as you still have meals available. Otherwise your student Flex or Expense will be charged \$25.00.