

INFLUENZA AND INFLUENZA LIKE ILLNESS

INSTRUCTIONS

You have INFLUENZA OR AN INFLUENZA LIKE ILLNESS. You are advised to go to your family home to recover (not using public transportation) or to stay at a relative or friends home. If these options are not available and you receive permission to stay in the residence hall it is recommended you self-isolate (avoid contact with other people). The following information should help to contain the spread of the flu while you are recovering.

The Centers for Disease Control (CDC) recommend that people with INFLUENZA LIKE ILLNESSES remain at home until at least 24 hours after they are free of fever (100° F/37.8°C), or signs of a fever, without the use of fever-reducing medications.

*Please contact your Primary Care Physician
if you do not think your symptoms are improving.*

IF YOU EXPERIENCE ANY OF THE FOLLOWING GO TO THE EMERGENCY ROOM:

- ✓ Difficulty breathing, Chest pain or pressure
- ✓ Abdominal pain
- ✓ Sudden dizziness
- ✓ Confusion
- ✓ Severe or persistent vomiting and diarrhea
- ✓ Fever that returns a few days after going away

***Inform your roommate(s) if they have any chronic health conditions such as chronic respiratory issues, diabetes, or immunosuppression, to make an appointment WITH their physician or Health Services to discuss the best way to prevent them from getting the flu.**

Got a cough? Cover it with a mask, tissue or your sleeve.

Got a fever? Stay home.

Got hands? Wash them.

Upon leaving Health Services you will be given a flu kit what will contain the following:

- 2 masks-If contact with another is unavoidable or if you leave your room to access common areas including bathroom facilities, or if you need to return to Health Services you will need to wear a mask. Wash your hands after removing the mask. Use a clean mask if the mask you are using becomes soiled and NEVER share a used mask.
- As with any viral illness, it is important that you have extra rest, good nutrition and lots of fluids. WATER, juices, powerade, or gatorade are best.
- If you have a fever, chills, headache and muscle aches you may take two regular strength Tylenol every 4-6 hour alternating with two regular Ibuprofen (Motrin, Advil) (if you are not allergic to either medication).
- 3 single use thermometers, in order to best determine whether you have a fever you should take your temperature prior taking Tylenol or Ibuprofen. **It will be important to know when you no longer have a fever, as you can ONLY resume you usual daily activities after not having a fever for 24 hours, independent of taking any Tylenol or Ibuprofen.**