

FLU CARE SHEET

The following information and recommendations are from the Centers for Disease Control and Prevention (CDC). More information is available at:
http://www.cdc.gov/h1n1flu/guidance/guidelines_colleges.htm

BACKGROUND

What are the symptoms of the flu?

Symptoms of the seasonal flu include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. A significant number of people who have been infected with the flu virus also report diarrhea and vomiting.

CARE

How do I know I have the flu?

If you have a fever of 100 °F or more along with a cough or sore throat you are considered to have influenza-like illness or the flu. If you are not sure if you're sick, call Norton Medical Center (508-286-5400) or your home doctor.

What should I do if I have the flu?

- If you have a health condition such as asthma, diabetes or heart disease, check with Norton Medical Center (508-286-5400) or your home doctor about any special care you might need.
- Isolate yourself: To avoid giving the flu to others, students with influenza-like illness (i.e. fever with either cough or sore throat) should go home, if possible, or stay in their residence hall room and stay away from others. Do not go to class, work, athletic, or social events while ill. Notify your professor as soon as possible if you must miss class.
- Stay home or in your room for at least 24 hours after your fever is gone, except to seek medical care or for other necessities. (Fever should be gone without the use of a fever-reducing medicine like Tylenol, Motrin or Ibuprofen.)
- Get plenty of rest.
- Drink clear fluids (such as water, broth, sports drinks, electrolyte beverages) to keep from becoming dehydrated.

- Cover coughs and sneezes or cough and sneeze into your sleeve. Clean hands with soap and water or an alcohol-based hand rub often, especially after using tissues and after coughing or sneezing into your hands.
- Wear a facemask—if available and tolerable—when sharing common spaces with roommates or others to help prevent spreading the flu. Contact Health & Wellness (508-286-8210) if you need a mask.

What do I do if my roommate has a flu-like illness and cannot go home?

Protect yourself from flu exposure in the best way possible:

- Consider rooming with other campus friends.
- Limit visits to your room as much as you can.
- Encourage your sick roommate to wear a facemask when you and others are in the room.
- Support your roommate in care and recovery (see care tips listed above).

VACCINATION

Vaccines are the most powerful public health tool for control of influenza. Experts recommend that college students receive a flu vaccine every year.