LORAS COLLEGE

Health Center

1450 Alta Vista St. | Dubuque, IA 52001 | Phone: (563) 588-7142 | Fax: (563) 588-7659

Influenza

Influenza is a contagious respiratory illness caused by viruses that infect the nose, throat and lungs.

Influenza signs and symptoms may include:

1. Fever, cough, sore throat, runny or stuffy nose.
2. Body aches, headache, chills and fatigue.
3. Vomiting and diarrhea.

How is Influenza spread:

1. Influenza is spread mainly by droplets made when an infected person coughs, sneezes or talks.
2. A person may be contagious from one day before they develop symptoms to up to 24 hours after the fever and symptoms have resolved (often lasting 5-7 days).
3. Germs can be spread when a person touches infected respiratory droplets from another person on a surface like a desk and then touches their own eyes, mouth or nose before washing their hands.

What you can do to stay healthy:

1. Get a flu shot. The Health Center has scheduled flu shot clinics in the fall.
2. It can take 10 – 14 days for vaccine to become effective.
3. Cover your nose and mouth with a tissue when you cough or sneeze.
4. Put your used tissue in a wastebasket.
5. Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
6. Avoid touching your eyes, nose or mouth. Germs can spread that way.
7. Keep your room clean and practice good personal hygiene.
8. Wash surfaces such as desks, door handles and sinks.
9. Wash clothes, linens (bedding) and towels.
10. Do not share phones, glasses, straws or eating utensils.
11. Get plenty of sleep, eat a healthy diet and drink ample fluids.

Bring a First Aid Kit. We recommend:

1. Thermometer, Band-Aids, First Aid Cream, Reusable Cold/Hot Packs
2. Ibuprofen (Motrin, Advil), Acetaminophen (Tylenol), and Over-The-Counter Cold Medications (Unless you are allergic or have health conditions which preclude you from taking these.)
3. Hand Sanitizer, Tissues, Face Mask
4. Gatorade and Chicken Soup Packets

Insurance and Health Care Provider:

1. Students should have their own copy of their insurance card including the customer service number.
2. Contact your medical insurance to obtain a list of local providers who are included in your plan during the day and after the physician's offices are closed.
3. Check with your health care provider if you have health conditions requiring special precautions or if you are at high risk for influenza complications.
4. Keep a copy of this information in your residence hall and on file in the Health Center.

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If you are sick with the Flu:
Below are some tips on how to care for yourself and to keep others healthy.

1. **Know the signs and symptoms of the flu:** symptoms of flu include fever or chills *and* cough or sore throat. Additional symptoms can include runny nose, body aches, headaches, tiredness, diarrhea or vomiting.

2. **Stay home or at your place of residence if you are sick** for at least 24 hours after you are free of fever (100° F or 38° C) or signs of a fever without the use of fever-reducing medications (such as ibuprofen or acetaminophen). Staying away from others while sick can prevent others from getting sick too.

3. **Ask a roommate or friend to check up on you and to bring you food and supplies if needed.** Wear a mask when they are in the room.

4. **Contact the Health Center and your Area Coordinator.** They can assist with temporary housing and other needs including giving permission for a friend to bring you meals from the café.

5. **Cover your mouth and nose with a tissue when coughing or sneezing.**

6. **Wash your hands often with soap and water,** especially after coughing and sneezing. Alcohol-based hand cleaners are also effective if soap and water are not available.

7. **Avoid touching your eyes, nose and mouth.** Germs spread this way.

8. **Drink plenty of fluids** such as water, sports drinks, electrolyte beverages, broth, to keep from becoming dehydrated.

9. **Take over-the-counter medications as directed (unless you are allergic to them).**
   - **A.** Ibuprofen and acetaminophen may help reduce fevers and decrease body aches.
   - **B.** Decongestants may help reduce sinus congestion.
   - **C.** Cough medication, cough drops, honey or salt water gargles may help reduce cough and sore throat.

10. **A humidifier may add moisture to a room to help reduce sore throats and dry coughs.**

11. **Keep your room clean and practice good personal hygiene.** Wash surfaces such as desks, door handles and sinks. Wash clothes, linens (bedding) and towels even after you are feeling better.

12. **Contact your professors and follow the class absentee policy as outlined in your syllabus.**

13. **Contact your health care provider, Area Coordinator or the Health Center right away if you are having difficulty breathing or are getting worse or proceed to the hospital.**

http://www.cdc.gov/flu/index.htm **http://www.cdc.gov/flu/homecare/index.htm**
The college will follow the recommendations of the Center for Disease Control (CDC) and Iowa Department of Public Health (IDPH).

You are welcome to contact us: Sue.Ross@loras.edu Tammy.Marti@loras.edu