If You are Sick with the Flu:

Below are some tips on how to take care of yourself and to keep others healthy.

- **Know the signs and symptoms of flu**. Symptoms of flu include fever or chills *and* cough or sore throat. In addition, symptoms of flu can include runny nose, body aches, headache, tiredness, diarrhea, or vomiting.

- **Stay home or at your place of residence if you are sick** for at least 24 hours after there is no longer a fever (100 degrees Fahrenheit or 38 degrees Celsius) or signs of a fever (have chills, feel very warm, have a flushed appearance, or are sweating). This should be determined without the use of fever-reducing medications (any medicine that contains ibuprofen or acetaminophen). Staying away from others while sick can prevent others from getting sick too. Ask a roommate or friend to check up on you and to bring you food and supplies if needed. Contact the Health Center or Area Coordinator for permission for a friend to bring you meals from the café.

- **For temporary or alternate housing** for sick students who cannot leave campus and do not have a private room, contact the Health Center or your Area Coordinator.

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

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

- **Avoid touching your eyes, nose, or mouth**. Germs spread this way.

- **Sick people should stay at home or in their residence**, except to go to the health care provider's office.

- **Stay in a separate room and avoid contact with others**. If someone is caring for you, wear a mask, if available and tolerable, when they are in the room.

- **Drink plenty of clear fluids** (such as water, broth, sports drinks, and electrolyte beverages for infants) to keep from becoming dehydrated.

- **Contact your health care provider or the Health Center if you are at higher risk for complications from flu for treatment.** People at higher risk for flu complications include children under the age of 5 years, pregnant women, people of any age who have chronic medical conditions (such as asthma, diabetes, or heart disease), and people age 65 years and older.

- **Contact a healthcare provider**, Area Coordinator or the Health Center **right away** if you are having difficulty breathing or are getting worse.

As always while we try to keep on top of things, your comments and suggestions are welcome.
Feel free to contact us:

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For up to date information go to:
http://www.cdc.gov/h1n1flu/
http://www.cdc.gov/h1n1flu/guidance_homecare.htm
http://www.cdc.gov/h1n1flu/guidance/guidelines_colleges.htm