

WHAT TO DO IF YOU HAVE THE FLU

The flu is a serious respiratory infection that affects millions of people each year and spreads easily through the respiratory droplets of an infected person. Symptoms of seasonal and the new H1N1 flu are similar and impossible to distinguish based on symptoms. Although recovery may take several days, most people recover from the flu (including H1N1 flu) with rest and proper self care strategies. **UHS does not give class excuses for the flu.**

What are flu symptoms?

- Fever (usually 100 degrees or greater) **and** cough and/or sore throat
- Other symptoms may include: body aches, chills, mild headache, runny nose and/or nasal congestion, and occasionally vomiting or diarrhea.

If you have the flu or viral illness and any of the following symptoms or conditions you need to **seek medical evaluation as soon as possible.**

- **Fever greater than 101° or increasing over 2-3 days**
- **Fever that does not resolve with medication such as acetaminophen or ibuprofen**
- **Difficulty breathing or shortness of breath (not due to nasal congestion)**
- **Severe headache or neck stiffness or pain**
- **Pain or pressure in the chest or abdomen**
- **Dizziness or confusion**
- **Vomiting**
- **Rash**
- **Difficulty swallowing fluids**
- **Flu-like symptoms not improving after 2-3 days**
- **Flu-like symptoms that were improving, but now are getting worse**

What should I do if I've been diagnosed with the flu or have influenza-like symptoms?

- People who are pregnant, have a chronic medical condition (such as asthma, diabetes, cystic fibrosis, or heart disease), or are immunocompromised, are at greater risk for developing severe illness from the flu. If you, or anyone you have been in close contact with while ill, have these conditions, contact UHS or a healthcare provider as soon as possible.
- Go home to recuperate, if possible. You may return once you have recovered and are fever-free for 24 hours without the use of fever-reducing medication.
- **Sign up and be counted!** Knowing how many students are sick with ILI is important to UHS—whether you live on-campus or off; and whether you are seen at UHS, self care,

or see a hometown physician. Please sign up at e-Living (https://www.absecom.psu.edu/eLiving/STUDENT_PAGES/TEMPORARY_LOCATION_STUDENT_WIN.cfm) for support and resources while you are recovering from the flu.

- If you live in a residence hall and cannot go home, contact your area residence life office for assistance in making room arrangements. You will need to wear a mask anytime you need to leave your room (such as to use the bathroom).

East Halls	(814) 865-5375
West Halls	(814) 865-5951
North Halls	(814) 865-2890
South Halls	(814) 865-8322
Pollock	(814) 865-6503

- Campus residents who cannot go home and cannot self-isolate in their room will be escorted by their Residence Life staff to the commons desk to check into an isolation room. The student will be able to sign up for box meals at the commons desk. The meal cost will be charged to their campus meal plan.
- Campus residents who are self isolating (in their residence hall room) may have a friend or roommate pick up a box meal at the commons desk. The friend will need to provide the sick student's ID card number so that box meals can be charged to their campus meal plan.
- Isolate yourself in your room or home until 24 hours after fever has cleared without the use of fever-reducing medications. If you live with someone, you may need to wear a mask to prevent the spread of your illness.
- Let someone know that you are sick. Ask a friend to check on you daily while you're not feeling well.
- Cover all coughs and sneezes with a disposable tissue and discard immediately into a trash can.
- Wash hands frequently with soap and water or an alcohol-based hand sanitizer—especially after coughing, sneezing, or wiping your nose.
- Increase your fluid intake.
- Have personal care items available such as hand sanitizer, tissues, over-the-counter medicines to treat flu symptoms, a thermometer, and fluids. It takes about a week to recover from the flu so make sure you have enough supplies available for this time period.

Treatment

- Take over-the-counter medications as needed for relief of symptoms. See http://www.sa.psu.edu/uhs/pdf/self_care_flu.pdf for UHS recommendations on self care.
- University Health Services' clinicians will follow the CDC recommendations for prescribing antiviral medications. See www.cdc.gov/h1n1flu/recommendations.htm for additional information.

