

If You are Sick with the Flu

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. **CALL HEALTH SERVICES @ 829-6017 BEFORE COMING IN!**
- **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.
- **If you live in the residence hall**, contact your Resident Assistant or roommate to deliver meals to you.
- **Do not visit the cafeteria, Wellness Center or other public places** during your illness. Wear a surgical mask when if you have to go out in public (i.e. when you go to the Student Health Center or pharmacy, or are walking across campus)
- **Contact your professors** and make arrangements for missed class assignments/exams.
- **Cover your mouth and nose with a tissue when coughing or sneezing.** Your respiratory particles travel 3 feet in front of you and can infect others.
- **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.
- **Maintain social distance of 3 feet to 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 institution's health services 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 right away** if you are having *difficulty breathing, chest pain, stiff neck, sudden dizziness, confusion, severe, persistent vomiting/diarrhea, flu-like symptoms that improve, but then fever returns and cough is worse.*

MEDS: *Do not take these medications if you are allergic to them.*

- **Acetaminophen (Tylenol) for fever – Take 1 -2 tablets every 4-6 hours as needed for fever**
- **Ibuprofen for body aches and fever – Take 1 tablet every 6 hours as needed**

DIET:

If you are VOMITING:

- Don't eat or drink for up to 1 hour after the last time you vomited. Then try 2 ounces of water or lemon-lime beverage. If that stays down, then repeat one of these beverages every 15-30 minutes.
- When vomiting has stopped for a few hours, start drinking more liquids to replace the loss of body fluids. Water, tea, fruit juice, fruit drinks, carbonated beverages, broth-based soups or prepared jello.
- Gradually add other foods as tolerated. Buttered or plain white toast without liquids at the same meal or any food that does not cause nausea, vomiting, diarrhea or allergic reaction is allowed.

If you have a FEVER AND NO VOMITING:

- Drink plenty of cold or iced liquids as above.

If you have DIARRHEA:

- To help control diarrhea symptoms, try banana, apple juice, applesauce, tea, rice or rice cereal without milk.
- As your flu symptoms subside, gradually increase your food intake back to normal for you. Your appetite for food should increase as you get better.
- If you don't have a provider you can go to the **Alamo Heights Minor Emergency Clinic at 1802 Nacogdoches Rd.** AHMEC will accept UIW Student Insurance. <http://www.ahmec.com/>

For specific information on how to take care of someone who is sick, visit: www.cdc.gov/h1n1flu/guidance_homecare.htm
For more information about flu, call 1-800-CDC-INFO or visit www.flu.gov.

If you have any questions regarding your symptoms or how to take care of yourself, CALL Health Services @ 210-829-6017