

Flu information

How do I know if I have the flu?

You may have the flu if you have some or all of these symptoms:

- fever*
- cough
- sore throat
- runny or stuffy nose
- body aches
- headache
- chills
- fatigue
- sometimes diarrhea and vomiting

*It's important to note that not everyone with flu will have a fever.

Most people with the flu have mild illness and do not need medical care or antiviral drugs. If you get sick with flu symptoms, in most cases, you should stay home or in your residence hall room and avoid contact with other people except to get medical care.

How long should I stay home if I'm sick?

The CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or other necessities. Your fever should be gone without the use of a fever-reducing medicine, such as Tylenol®. You should stay home from work, school, travel, shopping, social events, and public gatherings.

Stay away from others as much as possible to keep from infecting them. If you must leave home or residence hall room, for example to get medical care, wear a facemask(available at Student Health Services) if you have one, or cover coughs and sneezes with a tissue or use the elbow bend in your arm not your hands. Wash your hands often to keep from spreading flu to others.

If, however, you have symptoms of flu and are in a high risk group(Asthma, Diabetes, Weakened immune system due to disease or medication, People younger than 19 years of age who are

receiving long-term aspirin therapy, People who are morbidly obese (Body Mass Index or BMI of 40 or greater), Blood disorders (such as sickle cell disease), Chronic lung disease (such as chronic obstructive pulmonary disease [COPD] and cystic fibrosis), Kidney disorders, Liver disorders), or are very sick or worried about your illness, contact Student Health Services

What are the emergency warning signs of flu sickness?

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms that improve but then return with fever and worse cough

If you have the emergency warning signs of flu sickness, you should go to Student Health Services or to the emergency room. If you get sick with flu symptoms and are at high risk of flu complications or you are concerned about your illness, call Student health Services.