

**IF YOU ARE SICK WITH THE FLU...
 PLEASE READ THROUGH THESE GUIDELINES**

<p>What are the signs and symptoms of flu?</p>	<p>A fever greater or equal to 100°F/37.8° C (oral) or chills AND cough or sore throat. It also can include runny nose, body aches, headache, tiredness, diarrhea, or vomiting.</p>
<p>When should I contact or come to Vaden?</p>	<p>Contact Vaden if you are at high risk for complications from flu for possible treatment. Students at higher risk for flu complications include pregnant women, students who have chronic medical conditions (such as asthma, diabetes, or heart disease). Other people at risk include children under the age of 5 years and people age 65 years and older. Contact Vaden if you fall into one of these categories. Call 498-2336, press 1, and ask for the Advice Nurse.</p> <p>Visit Vaden right away (or the emergency department when Vaden is closed) if you are having any one of the following symptoms:</p> <ul style="list-style-type: none"> • 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 come back with worsening fever or cough. • Everyone else can be managed with self-care.
<p>Self Care: What should I do to take care of myself if I have flu symptoms?</p>	<ul style="list-style-type: none"> • If you live close to campus, go home to recuperate (avoid public transportation to get home, if possible). • If you must stay on campus, you will need to isolate yourself in your residence. • Do not go to classes, meals, socialize in person, and avoid close contact such as kissing, sharing eating or drinking utensils, or food. Stay at least 6 feet away from other people. • Ask a friend to check up on you. You will be able to get your meals delivered to you in your room through campus dining services (R&DE). • If someone is caring for you or you have a roommate, try to stay at least 6 feet away from them. Wear a mask, if available and tolerable, when they are in the room. Wipe down frequently touched common surfaces with disinfectant wipes. • If you need to use a public restroom, wear a mask and wash your hands. • Cover your mouth and nose with a tissue when coughing or sneezing and throw it away. • 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. • Drink plenty of clear fluids (such as water, broth, sports drinks, and electrolyte beverages for infants) to keep from becoming dehydrated. • Monitor your temperature with a thermometer. For fever and aches, take Acetaminophen (i.e. Tylenol or Paracetamol), Ibuprofen (i.e. Advil, Motrin or Nuprin) or Naproxen (Aleve). Do not take anything with aspirin in it. • Avoid other people until at least 24 hours after you are free of fever of 100° F or more, or signs of fever, without use of fever-reducing medicines (any medicine that contains ibuprofen, acetaminophen or naproxen). • Academic issues: Email your professors to alert them about your illness and ask your residential staff for help, when needed. Vaden will not be supplying medical excuses for the flu.

**For specific information on how to take care of someone who is sick, visit:
http://www.cdc.gov/h1n1flu/guidance_homecare.htm**