

## **Influenza-Like Illness**

In an effort to limit the spread of flu-like illness among our students, we ask that you first read the following information and then call the Health Center if you have any questions or concerns about influenza or flu-like illness. If it is decided that you need to come to Health Services to be evaluated, the Nurse will explain how best to arrange the visit.

### **How does flu-like illness spread?**

Influenza virus spreads from an ill person to others mainly through coughing or sneezing.

### **What are the symptoms of flu-like illness?**

Symptoms of the flu may include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Influenza-like illness is defined as a fever (100 ° or higher) plus cough and/or sore throat. However, some people with influenza will not have fever. If in doubt, call the [Davison Health Center](#) at 860-685-2470.

For more information on Flu, see: <https://www.cdc.gov/flu/takingcare.htm>

If, after conversation with the nurse, it is determined that you meet the criteria for flu-like illness, the nurse will assist you in planning for appropriate care.

### **Self-care Instructions**

Let your Dean and professors know that you have been instructed to go into self-isolation for an influenza-like illness.

Stay in your room and REST!

Stay away from others (self-isolation)

- No classes
- No labs
- No sports
- No dining hall (see if a friend can get you food)

- If you share living quarters avoid contact with other individuals, and if it is impossible to avoid being in same room, maintain a distance of at least 6 feet from others.
- Use a mask if face-to-face contact is unavoidable (such as when being transported by Public Safety).

Drink plenty of fluids (water, herbal or decaffeinated tea, clear juices, broth).

Take fever-reducing medicine (Ibuprofen or Tylenol, but not Aspirin) Tylenol or Ibuprofen will also help with headache and body aches. Follow instructions on medication bottle.

Check your temperature twice a day.

Wash hands frequently with soap and water or use hand sanitizer to avoid spreading the virus.

Cough into your elbow instead of your hand.

When you are feeling generally better and your fever has been down (below 100°) for 24 hours without the use of fever-reducing medications, you can probably return to class.

Additional self-care information is at <https://www.cdc.gov/flu/consumer/caring-for-someone.htm>

**Consult with a health care provider (Health Center 860/685-2470) without delay if you are ill and develop any of the following:**

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