

Influenza-Like Illness Self-Care Instructions

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

For more information on Flu, see: <http://www.cdc.gov/h1n1flu/sick.htm>

If you are being relocated, Residential Life has been notified and will contact you when a room is available. Please bring bed linens, personal items, and toiletries with you. Residential Life will also help arrange for food through Dining Services

Stay in your room or at home and REST!

Stay away from others (self-isolation)

- No classes
- No labs
- No sports
- No dining hall
- 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. Avoid touching your face or eyes.

Cough into your elbow instead of your hand.

(continued on other side)

When to call the Health Center

If communication with Health Center staff has already been established:

- Call the Health Center Flu line M-F, 9-4 (860/685-2653) with non-urgent problems, questions, or concerns.
- Call the Health Center Flu Line M-F, 9-4 (860/685-2653) for Health Center clearance when you think you may be ready to return to class
 - 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 probably will be cleared to return to class.
- For urgent problems or questions call the main Health Center line (860/685-2470) at any time

If you think you may have the Flu but have not yet been in communication with the Health Center:

- If your symptoms are not severe, you may wait until daytime hours to report a flu-like illness. Call the Flu-line (860/685-2653) Mon-Fri 9-4.
- For urgent problems or questions call the main Health Center line (860/685-2470) at any time

Additional self-care information is at

http://www.cdc.gov/h1n1flu/guidance_homecare.htm

Phone numbers

Davison Health Center: 860/685-2653 (Flu Line) or 860/685-2470 (Health Center main line)

Residential Life: 860/685- 3550

Dining Services: 860/685-3616

In the event that you begin to worsen, please call the Health Center. Below are symptoms that could indicate that you need to have follow-up care.

Emergency Warning Signs

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**

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