What are the symptoms of influenza?

Influenza is also known as “the flu.” The most common symptoms are fever with respiratory symptoms including cough, sore throat and body aches. Headaches, nausea, vomiting or diarrhea may also occur.

What should I do to take care of myself?

**For fever, sore throat and body aches:**
- Take acetaminophen (such as Tylenol) – but do not exceed 4,000 mg per day;
- Alternate with ibuprofen (such as Advil);
- Take them “around the clock”; frequency indicated on the product directions.

**For cough:**
- Use a cough syrup with the suppressant dextromethorphan, which is usually combined with guaifenesin (a mucus thinner);
- Take it at the frequency indicated on the product directions.

**Increase fluid intake:**
- Fluids are important while you have a fever;
- Consume fruit juices, sports drinks, soup and water;
- Do not use sugar-free drinks for rehydration.

*Call Student Health at 882-7481 if ...*
- Fever remains over 100 degrees for two days
- Productive cough
- Breathing difficulty
- Chest pain
- Or other new severe symptoms

**Stay home from class and work to limit contact with others**
- Limiting contact with others will keep them from infecting others.

The best offense is good defense.

- Cover your nose & mouth with a tissue when you cough or sneeze (or turn into your sleeve)
- Throw the tissue into the trash after you use it.
- Wash your hands often with soap and water, especially after you sneeze or cough.
- Carry alcohol-based hand sanitizers to use when soap and water are not easily accessible.
- Avoid touching your eyes, nose or mouth because germs are spread this way.
- Do not share items such as drinks, food, cell phones, etc.

For students living in the halls:

- All Community Restrooms and public spaces are cleaned daily with a hospital grade disinfectant seven days a week. During cold and Flu season, we disinfect public touch points daily (door handles, water fountains, table tops, elevator buttons, etc.).
- If you live in suite style housing: clean with a disinfectant frequently between the cleanings that Res Life staff provides every two weeks. Be sure to clean door handles, keyboards, desk surfaces and bathroom areas.
- Friends can bring meals from Campus Dining to ill students. Ask a student or professional staff member for the “Get Well Soon Meal” authorization form so your friend can use your card to get your meal.