

## STUDENT H1N1 FLU CARE SHEET\*

\*The following information and recommendations are from the Centers for Disease Control and Prevention (CDC). More information is available at: [http://www.cdc.gov/h1n1flu/guidance/guidelines\\_colleges.htm](http://www.cdc.gov/h1n1flu/guidance/guidelines_colleges.htm)

### **BACKGROUND**

#### **What is the H1N1 (“swine”) flu?**

The H1N1 influenza or flu virus (previously known as “swine flu”) is a new type of flu causing illness in people. This virus is spreading from person-to-person worldwide, similar to the way regular seasonal flu spreads.

#### **What are the symptoms of the H1N1 flu?**

H1N1 symptoms are similar to the seasonal flu and include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. A significant number of people who have been infected with this virus also have reported diarrhea and vomiting.

### **CARE**

#### **How do I know I have the flu?**

If you have a fever of 100 °F or more along with a cough or sore throat you are considered to have influenza-like illness or the flu. If you are not sure if you are sick call Norton Medical Center (508-286-5400) or your home doctor.

#### **What should I do if I have the flu?**

- If you have a health condition such as asthma, diabetes or heart disease check with Norton Medical Center (508-286-5400) or your home doctor about any special care you might need.
- **Isolate yourself:** To avoid giving the flu to others, students with influenza-like illness (i.e. fever with either cough or sore throat) should go home, if possible, or stay in their residence hall room and stay away from others. **Do not go to class, work, athletic or social events while ill.** Notify your professor as soon as possible if you must miss class.
- **Stay home or in your room for at least 24 hours after your fever is gone**, except to seek medical care or for other necessities. (Fever should be gone without the use of a fever-reducing medicine like Tylenol, Motrin or Ibuprofen.)
- **Get plenty of rest.**
- **Drink clear fluids** (such as water, broth, sports drinks, electrolyte beverages) to keep from being dehydrated.
- **Cover coughs and sneezes.** Clean hands with soap and water or an alcohol-based hand rub often and especially after using tissues and after coughing or sneezing into hands.
- **Wear a facemask**—if available and tolerable—when sharing common spaces with roommates or others to help prevent spreading the flu to others. Contact Health & Wellness (508-286-8210), your area coordinator or resident advisor if you need a mask.

#### **What do I do if my roommate has a flu-like illness and cannot go home?**

- Protect yourself from flu exposure in the best way possible.
  - Considering rooming with other campus friends when possible.
  - Limit visits to your room as much as you can.
  - Encourage your sick roommate to wear a facemask when you and other are in the room.
- Support your roommate in their care and recovery (see care tips listed above).

### **H1N1 VACCINATION**

Vaccines are the most powerful public health tool for control of influenza. Experts recommend that college students receive the H1N1 vaccine this fall when it becomes available.

The logo for Wheaton College, featuring the word "Wheaton" in a large, blue, serif font.