

PAT WALKER HEALTH CENTER UNIVERSITY OF ARKANSAS

I HAVE THE FLU---NOW WHAT??

As members of the U of A community we strongly encourage you to take the standard precautions adopted during the flu season and to play an active role in our public health prevention efforts.

- ***Should I go home?*** If you live on campus and can go home in a private car, please do so.
- ***Staying here:*** If you live on campus and cannot go home or you live off campus please self isolate in your home or room until you are free of fever for 24 hours (without the use of fever reducing medications like Tylenol). If you live in a residence hall please contact your RA or front desk for assistance with sick trays from the dining halls.
- ***Take your temperature.*** Make sure you have a thermometer and monitor your temperature frequently. You can get a thermometer at the Health Center or the front desk at most resident halls.
- ***Missed Classes:*** Do not go to class if you have fever, even if you are feeling better. You should contact your instructors about missed class material.
- ***Infection control measures:*** Cover your cough. Dispose of tissues in a waste can. Wash your hands frequently, especially after coughing or sneezing. Wear a mask if you must be around others. Do not eat or drink after others. Disinfect surfaces. Pay particular attention to surfaces that are touched by multiple persons such as refrigerator handles, microwaves, doorknobs, stair rails, and computers.
- ***Treatment of symptoms:*** Get lots of rest. Drink *plenty* of liquids, even if you don't have much of an appetite. This will help prevent dehydration. Tylenol or Ibuprofen for fever over 101 degrees. Over the counter cold or flu medications may help your symptoms. Dramamine or Imodium AD if you have nausea or diarrhea. *Do not take products that contain aspirin if you are age 20 or younger.* If you have been prescribed anti-viral medications, please finish all of the medication.
- ***How long will I be sick?*** Flu symptoms can last 7 to 10 days. After the fever has broken a *mild*, lingering cough may occur. Barring any other flu symptoms, this cough should not prevent students from returning to class.
- ***When to follow up:*** Healthy persons usually recover without incident but occasionally complications can occur. High risk individuals are much more likely to experience flu complications. Pneumonia is the most common complication of influenza and usually occurs 10 days to 2 weeks after the onset of flu symptoms. Pneumonia symptoms include persistent fatigue, weakness, painful cough, shortness of breath and return of fever. Please call the Health Center if you have any of the above symptoms; if you have not improved significantly in 3 to 4 days or your symptoms seem to be worsening; if your fever is not controlled with medication or if you are unable to tolerate clear liquids. If you have any questions please the Health Center at 479-575-4451 #1.
- ***Flu Vaccines:*** Remember how bad you feel right now and plan to get a seasonal flu shot every year in the fall.