

## Influenza Self Care Instructions

You have been diagnosed with probable influenza. Please follow these recommendations while you recuperate:

- Stay home or in your dorm room for at least 24 hours after your fever is gone except to get medical care. Your temperature should be measured and remain below 100° F without the use of fever-reducing medicines for 24 hours.
- “Self-isolate” until better. This means you need to keep away from others as much as possible. This is to keep others from getting sick. You should not attend classes, work, parties, athletic events, etc. You should not have visitors in your room /home while you are ill.
- If you need to be in a common area or around people, maintain a distance of 6 feet from people and wear a surgical mask.
- Drink plenty of fluids (such as water, broth, sports drinks) to keep from becoming dehydrated.
- Continue to cover your cough and wash your hands often to prevent spreading the virus to others. Avoid touching your eyes, nose and mouth. Do not share utensils, water bottles, etc.
- If your practitioner prescribed antiviral medication, take all of it as directed.
- Take medications for symptom relief as needed for fever and pain such as Tylenol (acetaminophen) and/or ibuprofen and cough medicine. These medicines do not need to be taken regularly if your symptoms improve. Be sure to follow the directions for each medication.
- Have a friend get your meals for you. You should not be going out of your room for meals or errands. Remember, when your friend enters your room you will need to put your mask on.
- If you live on campus and have family or friends close by, it is advised you stay with them as it will be easier to maintain “self-isolation”. Utilize a private car or taxi for transportation to limit contact with others. Off-campus students without a private room will need to work with housemates to temporarily have a private setting.
- If you need to seek medical care, wear a surgical mask to cover your mouth & nose.
- Dispose of used tissues and other disposable items in the trash. Wash your hands after touching used items. Dishes can be washed with hot soapy water. Clothing/Linens may be washed as usual. Clean bathroom and other commonly used areas frequently.

For more detailed information on taking care of yourself go to:

<http://www.cdc.gov/flu/takingcare.htm>

Seek emergency care if you are experiencing any of these symptoms:

- Difficulty 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

For a list of resources when Cowell Center is closed please go to:

<https://www.scu.edu/cowell/resources/>

Seasonal flu viruses spread from person to person most often when you cough or sneeze. Droplets from a cough or sneeze of an infected person move through the air, and if another breathes those in, they may become infected as well. In addition, germs can spread when a person touches “droplets” from a cough or sneeze on a surface like a desk, and then touches their own eyes, mouth or nose before washing their hands.