So you are experiencing FLU-Like symptoms...

While you are sick, you should:

- **STAY OUT OF CLASS, ATHLETICS, AND SOCIAL ACTIVITIES UNTIL FEVER-FREE FOR 24 HOURS WITHOUT THE USE OF FEVER-REDUCING MEDICINES.** (Like Tylenol™ or Motrin™.)
- Get plenty of rest.
- **Drink lots of fluids.** (such as: ice chips, water, broth, sports drinks, non-caffeinated drinks, popsicles, fruit smoothies, icy drinks, hot tea, soups, soft fruits) to keep from being dehydrated – aim for 96 oz., the equivalent of six 16 oz. bottles of water. Avoid alcohol and caffeine as they will dehydrate you.
- **Cover coughs and sneezes. Wash hands** with soap and water or an alcohol-based rub often and especially after using tissues and after coughing or sneezing into hands. Never cough in the direction of someone else.
- **Do not share** any food, drink, utensils, smoking materials, lipstick, or Chapstick™ with others.
- **Avoid close contact with others.** The CDC recommends use of a **face mask to help protect spread to others** – do not go to work or school while ill; do not go out shopping or to social events. Try to stay 6 feet away from others in your household while you are sick.
- **Inform close contacts that you have the flu** (family, friends, roommates), especially those persons that have high-risk underlying conditions.
- **People with high-risk medical conditions should contact their own physician for instructions and possible antiviral prescription.** Individuals with: diabetes, heart disease, lung conditions like asthma or emphysema, immune-compromised individuals (i.e. cancer patients), persons on long-term steroid therapy, and pregnant women have **a higher risk of complications from the flu**. Be especially careful to avoid close contact with these individuals.
- **Contact Student Health Services:** nurse@becker.edu, or the Flu Hotline at 774.354.0470, to let them know that you are self-isolating for flu-like illness/symptoms.
- **Official notification to professors** can only be sent from our office. You also need to follow-up with your professors for missed work.

**WHAT TO EXPECT:** Sudden onset of fever, chills, weakness, fatigue, dry cough, that may last 3-5 days.

<table>
<thead>
<tr>
<th>MAKE SURE YOU GET MEDICAL CARE IMMEDIATELY IF YOU DEVELOP:</th>
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<tbody>
<tr>
<td>• fever and worse cough after initial flu-like symptoms improve</td>
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<td>• difficulty breathing, shortness of breath, or chest pain</td>
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<td>• purple or blue discoloration of the lips</td>
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<td>• vomiting and inability to keep liquids down</td>
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<td>• signs of dehydration such as dizziness when standing, absence of urination</td>
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<td>• seizures (for example, uncontrolled convulsions)</td>
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<td>• decreased responsiveness than normal or confusion</td>
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<td>• discolored sputum or nasal drainage</td>
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<td>• severe headache, stiff neck, or rash</td>
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<td>• pain or pressure in the abdomen</td>
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<td>• fever persisting more than 4-5 days, increasing fever or fever over 103 °F (39.4 °C)</td>
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<td>• facial or sinus pain, earache, or painful swallowing</td>
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Do not return to classes or activities until you have not had a fever for 24 hours without using any fever-reducing medications.

**MEDICATIONS** can help with symptoms of the flu

- Fevers and aches can be treated with
  - Acetaminophen (Tylenol™) or
  - Ibuprofen (Advil™, Motrin™) or other nonsteroidal anti-inflammatory drugs (NSAIDS) like Aleve™.

- **Do NOT use aspirin** for anyone under the age of 19.

- Over-the-counter (OTC) cold and flu medications used according to the package instructions may help lessen some symptoms such as cough and congestion. These medications will **not** lessen how infectious a person is.

- Check the ingredients on the package label to see if the medication already contains Acetaminophen (Tylenol™) or Ibuprofen (Advil™, Motrin™, Nuprin™) before taking additional doses of these medications – don’t double dose!

- Keep track of time when medicines are taken to avoid taking too much of any medication.

- Because antibiotics **don’t work on viruses**, they can’t cure the flu.

- Patients with kidney disease or stomach problems should check with their health care provider before taking NSAIDS.

- Check with your health care provider or pharmacist if you are taking other prescription medications not related to the flu.

**PREVENT SPREADING THE FLU**

- Influenza is highly contagious. Therefore, while you are sick:
  - Cover your mouth and nose (with arm other than hand) when sneezing or coughing
  - Use paper tissues when wiping or blowing the nose; throw tissues away after each use
  - **Wash your hands thoroughly and often** especially after cough, sneezing, wiping, or blowing your nose, or handling used tissues
  - Don’t share towels, washcloths, linens
  - Avoid sharing drinks, food, utensils, lipstick, Chapstick™, or smoking materials
  - Avoid close physical contact with others – stay 6 ft. from others

**WHEN YOU RECOVER**

Please continue to use prevention methods, such as hand-washing and covering your cough. Avoid sharing drinks, food, utensils, lipstick, Chapstick™, or smoking materials. Don’t share towels, washcloths, or linens.

**Washing your hands thoroughly and often** will protect you as well as others.

Please refer to the Becker Student Health Services webpage for up to date information about the flu and influenza-like illnesses. [http://www.becker.edu/student-life/health-wellness/student-health-services/flu-information](http://www.becker.edu/student-life/health-wellness/student-health-services/flu-information)

Contact Becker Student Health: nurse@becker.edu or the Flu hotline @ (774)354-0470 to report the flu or for questions or concerns.

For life-threatening MEDICAL EMERGENCIES contact Campus Police @ (508)373-9555 or 911.