

Flu or Flu-like Illness Self-Care Tips



You cannot work or attend class if you have flu or flu-like illness. Symptoms generally include:

- fever greater than 100 degrees F
- **and** respiratory symptoms (cough, stuffy or running nose, sore throat).
- often fatigue, sometimes vomiting and diarrhea.

Flu-or Influenza-is caused by a virus. Symptoms may last 7-10 days. The fever usually ends in 3-4 days. Often the cough is the last symptom to go away. Rest and treating your symptoms is the best way to get better. Antibiotics do not work on a virus.

Tamiflu or Relenza are available and can shorten the duration of sick time by about a day. It must be started within 48 hours of the first symptom, but is expensive >\$90. See your provider for an RX.

Steps to follow if ill:

1. Call or email your professor and notify them of your absence.
2. Stay away from unnecessary others-6 feet if possible.
3. Wear a mask if out in public.
4. Cover your mouth and nose if sneezing or coughing-cough into your sleeve or tissue. Replace tissues frequently.
5. Wash hands frequently-after using tissues, covering mouth after cough, or touching your face.

How to take care of yourself: Treat your symptoms-

- Drink lots of clear fluids-water, soups, soda-preferably without caffeine. Eat if you are hungry.
- Take Ibuprofen or Tylenol to reduce fever, sore throat and muscle aches. For high fevers, cool showers may help along with meds.
- REST

For information about over-the-counter medications to help you might visit the website <http://health.iupui.edu/education/general/otc.html/>

See a healthcare provider if you cannot manage symptoms on your own or Have chest pain, difficulty breathing, blue fingers or toes, feel like passing out when you stand up.

Duration of time out of class/off campus

Do not attend classes until your fever is resolved for 24 hours without use of Tylenol/Ibuprofen.



Having the flu stinks! It doesn't matter if it's seasonal or H1N1.