

Guidelines from the CDC for Self-Care of FLU

- **Know the signs and symptoms of flu.** Symptoms of flu include fever or chills and cough or sore throat. In addition, symptoms of flu can include runny nose, body aches, headache, tiredness, diarrhea, or vomiting.
- **Stay home or at your place of residence if you are sick** for at least 24 hours after there is no longer a fever (100 degrees Fahrenheit or 38 degrees Celsius) or signs of a fever (have chills, feel very warm, have a flushed appearance, or are sweating). This should be determined without the use of fever-reducing medications (any medicine that contains ibuprofen or acetaminophen). Staying away from others while sick can prevent others from getting sick, too. Ask a roommate or friend to check up on you and to bring you food and supplies if needed. **Do not attend class**
- **Cover your mouth and nose with a tissue when coughing or sneezing.**
- **Wash your hands often with soap and water**, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective if soap and water are not available.
- **Avoid touching your eyes, nose, or mouth.** Germs spread this way.
- **Sick people should stay at home or in their dorm room or apartment**, except to go to the student health center or local clinic.
- **Avoid contact with others.** If someone is caring for you, wear a mask, if available and tolerable, when they are in the room.
- **Drink plenty of clear fluids** (such as water, broth, sports drinks, and electrolyte beverages for infants (such as Pedialyte) to keep from becoming dehydrated.
- **Contact your health care provider or institution's health services if you are at higher risk for complications from flu for treatment.** People at higher risk for flu complications include children under the age of 5 years, pregnant women, people of any age who have chronic medical conditions (such as asthma, diabetes, or heart disease), and people age 65 years and older.
- **Contact a healthcare provider** *[or go to the SBU health services clinic]* **right away** if you are having difficulty breathing or are getting worse.

Warning! Do *not* give aspirin (acetylsalicylic acid) to children or teenagers who have the flu; this can cause a rare but serious illness called Reye's syndrome. For more information about Reye's syndrome, visit the [National Institute of Health website](#) .

Generic Name	Brand Name(s)
Acetaminophen	Tylenol®
Ibuprofen	Advil®, Motrin®, Nuprin®
Naproxen	Aleve

- Over-the-counter cold and flu medications used according to the package instructions may help lessen some symptoms such as cough and congestion. **These are located in the dorm offices.** It is important to remember that 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 or ibuprofen before taking additional doses of these medications—don't double dose! Patients with kidney disease or stomach problems should check with their health care provider before taking any NSAIDS.

Check with your health care provider or pharmacist if you are taking other over-the-counter or prescription medications not related to the flu. For more information on products for treating flu symptoms, see the [FDA website](#).

When to Seek Emergency Medical Care

Get medical care right away if the sick person at home:

- has difficulty breathing or chest pain
- has purple or blue discoloration of the lips
- is vomiting and unable to keep liquids down
- has signs of dehydration such as dizziness when standing, absence of urination, or in infants, a lack of tears when they cry
- has seizures (for example, uncontrolled convulsions)
- is less responsive than normal or becomes confused

For specific information on how to take care of someone who is sick, visit:
www.cdc.gov/h1n1flu/guidance_homecare.htm

For more information about flu, call 1-800-CDC-INFO or visit www.flu.gov.