

# WHAT TO DO IF YOU BECOME ILL

Influenza typically comes on suddenly and intense, unlike the gradual onset of a viral cold. The symptoms that might indicate you have contracted the H1N1 virus include one or more of the following:

- Fever greater than 100 F (37.8 C)
- Cough
- Chills
- Fatigue
- Sore throat
- Stuffy nose
- Headache & body aches
- Vomiting & diarrhea

## SAVE THIS SHEET AND FOLLOW THESE STEPS FOR THE NEXT 7 DAYS

- Observe your health and not symptoms
- Take your temperature morning & night\*

Record your temps on this sheet before taking medication.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
A.M.							
P.M.							

After 7 days, if symptoms don't intensify you can continue normal activities

At any point, if you think you may have the H1N1 influenza virus, seek medical care right away:

- Stay in your room
- Call 479-524-7320 campus nurse or your RD or RA for direction
- Call doctor's offices and report symptoms to obtain appointment/direction
  - Community Physicians (Holly St.) 479-524-3141
  - Quick Care 479-524-8552
  - St Francis Clinic 479-524-9550

Prevent spread of infection by:

- Wear a surgical mask\* when in contact with others (even residence hall bathroom)
- When you cough or sneeze, cover your nose/mouth with tissue or sleeve/inside elbow
- Throw away tissues in trash and wash hands with soap & water (alcohol gel if only option)
- Stay in one room and avoid close contact with others as much as possible

Isolation means stay inside your room except for bathroom and medical visits. No visitors!

Self care suggestions include:

- Take antiviral prescription
- Drink 80 oz. non-caffeinated beverages every 24 hours
- Take Acetaminophen/Ibuprofen as needed to control temperature and discomfort
- Check temperature\* at least twice a day before taking medications
- Dispose of used tissues and wash hands afterwards
- Meals can be brought to your room via residence life staff using your ID/meal plan

Students are responsible to notify professors (email/phone) regarding their illness. Absences policies are unique to individual staff.

\*thermometers and face masks are available from your residence life staff or health services.

**For more information: [www.cdc.gov](http://www.cdc.gov) — 800-CDC-INFO (232-4636) — [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov)**