

SELF CARE FACT SHEET FOR INFLUENZA-LIKE ILLNESS

This fact sheet provides members of the Seton Hall University community who have been diagnosed with an influenza-like illness (ILI) information to help you take good care of yourself and protect others from getting sick.

Treatment and Prevention:

- **Stay at home.** To prevent the spread of illness, self isolate in your dorm room or at home until you are no longer contagious. The guideline is to remain isolated during illness and for at least 24 hours after the fever is gone, except to get medical care (fever should be gone with the use of fever-reducing medicine). It is recommended that you do not travel via public transportation with influenza.
- **Take care of yourself.** Get plenty of rest, drink clear fluids (such as water, broth, sports drinks) to maintain hydration. Check your temperature regularly with a thermometer. If you require medical care, contact your personal health care provider or SHU Health Service. Please do not use email to communicate with Health Services.
- **Take medications to reduce fever and achiness.** Your health care provider may recommend acetaminophen or ibuprofen to relieve your symptoms. Follow the directions carefully and do not mix with other medications such as Nyquil or Theraflu.
- **Inform recent contacts of your illness.** Take a moment to inform anyone with whom you may have had close contact in the past week about your diagnosis. It is important for exposed individuals who develop symptoms to receive early evaluation and treatment.
- **If you must go out, cover your cough or sneeze.** If you must leave your home or dorm room (e.g. to seek medical care), cover your nose and mouth when coughing or sneezing. A surgical loose-fitting mask can be helpful, but a tissue or other covering is also appropriate.
- **Watch for emergency warning signs.** Get medical care **right away** for:
 - Difficulty breathing or chest pain
 - Neck pain or stiffness
 - Severe headache
 - Vomiting and unable to keep liquids down
 - Signs of dehydration such as dizziness when standing and/or dark urine

For More Information:

<http://www.cdc.gov/flu/about/qa/disease.htm>

<http://www.shu.edu/offices/health-services/>
