

## **IF YOU HAVE INFLUENZA (“THE FLU”) or INFLUENZA-LIKE ILLNESS**

**Isolate yourself from others to prevent spreading the flu:** If you live on the residence campus and can go home without using public transportation, going home would be a good idea. You’ll likely be more comfortable there, and you’ll be less likely to spread the illness on campus. If you can’t go home you should “self-isolate” in your room.

If you are self-isolating, even while waiting for a ride home, you should not leave your room except to use the bathroom, and then you should wear a mask. You can obtain masks by contacting the Health Center (617-521-1020) during business hours, Monday-Friday 9:00 am – 5:00 pm, or the ProStaff on call after hours through Public safety (617-521-1112). Be sure your mask covers both your mouth and nose. The top of the mask has a form-fitting strip that you should press around the sides of your nose to get a good fit. Pull the bottom of the mask beneath your chin. Use a new mask if your mask gets wet from repeated use, and wash your hands immediately after you dispose of your mask.

Wash your hands or clean them with hand-sanitizer frequently.

**Practice self-care:** Try to drink fluids to avoid dehydration. Acetaminophen (Tylenol), ibuprofen (Advil) or naproxen (Aleve) can help to relieve symptoms. Follow the directions on the label for proper dosage. Avoid taking acetaminophen (Tylenol) if you are taking Dayquil, Nyquil or other combination cold remedies as they may contain acetaminophen as well. Don’t take aspirin.

**If you feel that your symptoms are worsening,** call the Health Center during business hours (617-521-1020) or Public Safety (617-521-1112) after hours to reach the Health Center provider on call. If you develop difficulty breathing, chest pain or wheezing, please call promptly. While you are self-isolating on campus, if you need food, a friend can pick up a light meal at Bartol for you. Meals can be ordered at [simmons.campusdish.com](http://simmons.campusdish.com). If you don’t have someone to pick up meals for you, contact the Residence Life office (617-521-1096) between 8:30 a.m. – 7:00 p.m. for assistance.

**Notify your professors** by email that you have been diagnosed with the flu and will be out of classes for a few days. The Health Center will confirm your absence with the Office of Student Life. If you need assistance with notification, contact the Office of Student Life (617-521-2124). It’s important that you not spread the infection and that you stay away from classes and activities while you are contagious, ideally for five days from the onset of your illness or until you have been fever free for 24 hours, whichever is later. If you are doing a clinical rotation, you may not return to your clinical placement until you have been cleared. Please contact your clinical instructor for specific requirements at your clinical site.

For more information or questions please contact the Health Center @ 617.521.1020 or visit the CDC website @ <http://www.cdc.gov/flu/> . We hope you feel better soon.