



If You Do Get Sick... Activate Your Personal Influenza Plan

Take your temperature. If you have a fever (100°F/37.8°C or higher), you *must* stay home from work and class until you have been completely fever-free (without fever-reducing medication) for at least 24 hours, and you feel well. For most people, this will be 3 to 5 days.

If you have a "high-risk" medical condition (listed on other page), call your health care provider. Although antiviral medications are not recommended for most healthy individuals, they are recommended for some "high-risk" cases and should be taken as soon as possible.

Most people recover fully on their own without medical treatment. Drink fluids to stay hydrated, get plenty of rest, eat what you can, and use ibuprofen and acetaminophen, as directed, to manage fever and body aches. (Antibiotics do not have any effect because influenza is caused by a virus.) Call a healthcare provider if your symptoms are not improving after 3 to 4 days. Seek immediate medical attention if you experience any of the symptoms listed in the chart below.

Go to your recuperation location. People with flu generally feel weak, achy, and fatigued for a few days to a week. If you are living in University housing, we strongly recommend that you recuperate at your parent's home, or the home of a nearby relative (if you can do so without using public transportation). If you will be staying in a household you share with others, avoid sharing common spaces with them while you're sick. If you live alone, call a friend to bring supplies to your door rather than going shopping.

Try to stay in one room with the door closed. If someone is helping care for you, make sure that person does not have a "high-risk" condition, and always wears a surgical mask or bandanna over your face while that person is in the room with you. If possible, use a separate bathroom while you are sick. Whenever you leave your room, use hand sanitizer before exiting, and keep your mouth covered until you are back in your room. Everyone

in the household should wash their hands well and often and use disposable disinfectant wipes on high-touch shared surfaces, such as doorknobs, bathroom faucets, and refrigerator handles.

Communicate. Cancel any appointments (with your advisor, dentist, etc.) and contact your professors and employer to let them know you have influenza symptoms and cannot return to class or at work until you're better (including fever-free for 24 hours). As with any illness, you will be responsible for getting class notes you have missed and making arrangements to make up work after you recover. All faculty are being alerted that students are supposed to stay home if they are sick; and they are being asked to stay home from teaching if they get the flu.

Tell your "close contacts" you may have flu. That means roommates/housemates and officemates. Also, any friends, lab partners, etc., that you spent time with in the 24 hours before you started to feel sick. That way, if any of them has a "high-risk" health condition, they can contact their health provider for advice and possibly medication.

Self-isolate. While you are self-isolating, you should not go to the library, the Union, restaurants, or any social events and you should avoid public transportation. If you go out, cover your nose and mouth with a surgical mask, bandanna, or tissues; and shield others from coughs and sneezes.

Flu viruses typically survive on surfaces for 2 to 8 hours so do not share towels, clothing, eating utensils, keyboards, remote controls, etc., while you are infectious. Standard disinfectant cleaning products should be sufficient to remove virus from surfaces, but water alone is not enough.

When you recover, wash your own sheets and towels. Empty your wastebasket of used tissues, etc., and take out the trash yourself.

If you need a surgical mask, send a friend to pick one up for you at the counseling and Health Center or at the Res Life Community Center.

Catch colds, seasonal influenza, and other flu-like illnesses, so keep up the hand washing! Because you won't necessarily know which virus made you sick, seasonal and H1N1 vaccinations are still recommended.

The good news? If the thing that made you sick was H1N1, you can't get it again. But you can still

Seek immediate medical attention if you develop any of the following:

- *Shortness of breath or trouble breathing*
- *Pain or pressure in the chest or abdomen*
- *Severe or persistent vomiting*
- *Confusion or sudden dizziness*
- *Flu symptoms that improve but then return suddenly with fever and worse cough*

Call First

IF YOU HAVE QUESTIONS ABOUT HOW TO MANAGE YOUR FLU SYMPTOMS TO: COUNSELING AND HEALTH CENTER AT 920 465-2380.

DO NOT GO TO THE COUNSELING AND HEALTH CENTER OR TO URGENT CARE CENTERS UNLESS YOU HAVE AN UNDERLYING SERIOUS MEDICAL CONDITION. CALL FIRST. THERE WILL BE SPECIAL INSTRUCTIONS ON HOW TO ENTER THE CLINIC AND WHERE TO OBTAIN A MASK.

For additional information:

- **Visit: www.uwgb.edu/counselinghealth**
- **Visit: www.cdc.gov**
- **Contact CDC 24 hours/Every day**
 - 1 (8900) CDC-INFO (232-4636)
 - TTY: (888) 232-6348
 - cdcinfo@cdc.gov