Advice for Roommates and Housemates Of Students with Flu or Influenza Like Illness

- People with the flu should tell the people they live with that they have the flu.
- Isolate yourself as much as possible from the ill person. However the sick person may need some assistance from you, such as getting groceries, medications, other supplies, and informing others that they are sick.
- People who have “high-risk” medical conditions should not be helping bring food or medicine to the sick person.
- People with high-risk medical conditions—asthma or other chronic pulmonary disease, cancer, cardiovascular disease, diabetes, pregnancy, weakened immune system, or blood, liver, kidney or neurological disorders may get more serious symptoms if s/he does get the flu so they should call their health care providers for advice regarding exposure.
- Treatment is NOT recommended for individuals exposed to the flu and who are not in the high risk group.
- At their discretion, roommates of ill students may temporarily wish to seek housing with friends. If you live on campus and are unable to find space with a friend, please see your Hall Director, who will find temporary arrangements that will not involve moving all of your personal belongings.
- Encourage the sick person to wear a surgical mask or bandanna over their nose and mouth when s/he is in close contact (6 feet) with you, i.e. bringing food or medicine to them. For added protection you can wear a surgical mask or bandanna over your nose and mouth when in the close contact with the ill person. (Masks available at the front desk of each residence hall & at the student health services.)
- People who live with the ill person should be vigilant about hand washing.
- Use standard disinfectant household spray cleaners or disposable disinfectant wipes to clean commonly touched surfaces.
- Get sick trays from on campus Dining Services for your ill roommate/ill friend.
- Contact family if necessary
- Call the Student Health Services @ 715/235-1314 if individual is not improving, symptoms are worse, and/or for health care advice.
- For health advice or care after hours call Red Cedar Medical Center 715/233-7777

Keep in mind that sharing cups, water bottles, drinks or cigarettes is a very effective way to transmit flu virus. Drinking alcohol doesn’t kill influenza. Remember to practice good hand washing and covering of coughs or sneezes

Additional information
www.uwstout.edu/studenthealth; DHSWiPanflu@wisconsin.gov; http://pandemic.wisconsin.gov

Information provided by UW-Stout Student Health Services—across from Wigen Hall 715/232-1314