Recommendations for Students with Flu or Influenza-Like Illness:
(Fever of at least 100 ºF, with either cough or sore throat)

- If you have flu like symptoms, call the Student Health Services 715/232-1314 for health care advice rather than “walking in” for an appointment.
- Stay home and “self-isolate” until at least 24 hours after fever free (without fever-reducing medication). Typically 3-5 days.
- People who work in a health care setting should stay home for 7 days from the onset of symptoms, or until all symptoms have resolved, whichever is longer. www.cdc.gov/h1n1flu/guidelines_infection_control.htm
- Self-isolate means you should not go to class or work during this time. Do not go to the library, Student Center, Commons, restaurants, stores or social gatherings. Avoid using public transportation.
- Contact the Dean of Students Office X1181, deanoфstudents@uwstout.edu, your professors, and employer to let them know you will be out sick.
- Contact your family and tell them you have the flu.
- If you live with other people tell them you have the flu.
- If you can, go home or to a nearby relative’s house to recuperate.
- If you cannot go home, or leave campus, stay in your room, away from others.
- Establish a support system, i.e. roommate, friends.
- If you must leave your room or people must come in your room, cover your face with a surgical mask (available at the front desk of each residence hall & from student health services), or a bandanna.
- Encourage everyone to wash hands often.
- Use disinfectant cleaners/wipes on shared surfaces—remote controls, doorknobs, microwaves/refrigerators, etc.
- Take Care of Yourself
  - Drink fluids to stay hydrated
  - Get plenty of rest
  - Eat what you can. If you live in the residence hall, sick trays are available from the dining services. Forms are available at the front desk of each residence hall and you can have a friend or your roommate pick up the sick tray for you.
  - Manage fever and body aches with acetaminophen, i.e. Tylenol or ibuprofen, as directed.
  - Give yourself time to recover. The flu makes people weak, achy and exhausted
  - Call the Student Health Services x1314 for additional health care advice or if your symptoms do not improve or get worse.
- Seek Immediate Medical Attention if you experience
  - Shortness of breath or difficulty breathing
  - Pain or pressure in the chest or abdomen
  - Severe or persistent vomiting
  - Confusion or sudden dizziness
  - Flu symptoms improve, but then suddenly return with fever and worse cough.

- When you recover, wash your own sheets, and towels, bag all the used tissues and other trash in your room and take it directly to the outside trash bin, and us a disinfectant cleaner on all the hard surfaces in your room and all shared rooms in the house, especially bathroom and kitchen.

To reduce illnesses, continue frequent and thorough hand washing and shield others by coughing and sneezing into your sleeve or a tissue.

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