

WHAT SHOULD I DO IF I DEVELOP SYMPTOMS OF THE FLU?

Flu symptoms include a fever of 100.00 degrees or higher (when not taking medicine) PLUS cough or sore throat. Check your temperature to determine if you might have the flu. You need to get a thermometer if you don't already have one.

If you have symptoms of the flu:

- During business hours (M-F, 8 a.m.-5 p.m.), call the Health Center at 508-626-4900. We will determine if you need to be evaluated or sent home.
- If it is after business hours and you are mildly ill, remain in your dorm room and avoid contact with others until you can contact us.
- Drink plenty of fluids, take acetaminophen or ibuprofen to control fever and muscle aches.

Most cases of flu-like illness are mild. However, if you experience any of the following symptoms you need to be evaluated immediately:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever or worsening cough
- If you experience any of the above symptoms contact Health Services during business hours (Monday-Friday, 8 a.m.-5 p.m.) or, after business hours, contact Campus Police at 508-626-4911 or talk to your RA or RD.

If you have the following conditions, you are at risk for developing complications such as pneumonia from the flu. It is particularly important that you be evaluated by the Health Center staff or your primary care provider.

- Asthma or other chronic pulmonary disease
- Heart disease
- Diabetes
- Any chronic illness such as lupus, Crohn's disease, kidney disease
- Weakened immune system due to HIV/AIDS, chemotherapy
- Pregnancy