

## **MY ROOMMATE HAS THE FLU – WHAT TO DO**

You may have been exposed as the seasonal flu is very contagious. The incubation period is only a few days so over the next few days you should monitor your health for the following symptoms:

- Fever
- Sore throat
- Cough
- Body aches
- Nausea/vomiting/diarrhea

If you develop any of these symptoms, contact the Health Center at 508-626-4900 during business hours Monday-Friday, 8 a.m.-5 p.m. If your symptoms are severe and it's outside business hours you should go to the emergency room.

If you have certain conditions, you are at risk for developing complications of the flu such as pneumonia. These conditions are:

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

If you have any of these conditions, contact the Health Center at 508-626-4900 as soon as possible.

To stay healthy, continue good hygiene practices of frequent hand washing (with soap and water or hand sanitizer), coughing into your sleeve and avoiding sick people.