I HAVE BEEN DIAGNOSED WITH THE FLU.
WHAT SHOULD I DO?

You have been diagnosed with a highly contagious virus and must stay in isolation until you are fever-free for 24 hours without the use of fever-reduction medication (Tylenol/Ibuprofen). Flu-like viruses can be fatal to infants, the elderly, and the chronically ill in your community. If you do not remain in isolation, your actions can place others more vulnerable at serious risk. If you live with a roommate and/or share a bathroom with others, you should notify those individuals. Please notify your head resident and/or proctor such that they can arrange for food to be delivered for you.

To reduce the risk to your community, you should not visit:

- Academic Buildings
- Dining Facilities (McClurg)
- Common Rooms
- Businesses or Restaurants
- Any Public Environment or attend a Public Event

SELF-CARE:
BE SURE AND TAKE ANY MEDICINE AS PRESCRIBED BY YOUR CLINICIAN.

- Drink lots of liquids.
- Take an over-the-counter medicine such as Ibuprofen (Advil or Motrin) or Acetaminophen (Tylenol) as directed on the bottle for muscle aches, and/or fever but, DO NOT take Aspirin if you have flu-like symptoms.
- Use an over-the-counter saline nasal spray, such as Ocean brand. Use as directed on the label.
- Use a cool-mist vaporizer in your room.
- Have warm broth soups (not milk based). It helps to clear mucus.
- Take Echinacea, zinc lozenges, and/or Vitamin C as advised by your health care provider, when cold or flu symptoms start.
- Once you are feeling better, we recommend washing all laundry and bedding, clean bedroom and bathroom surfaces, sanitize doorknobs, remove all trash.

FOR SORE THROAT:

- Gargle every few hours with a solution of ¼ tsp. of salt dissolved in ½ tsp. of warm water. Make sure the salt is dissolved.
- Drink Tea with Lemon (with/without Honey)
- Suck on hard candy or a medicated lozenge.

If you have been diagnosed with Influenza and you feel you are having prolonged cough or your symptoms are not resolving. Return to your health care provider for further evaluation.

SICK MEALS may be obtained through McClurg by following this link:
http://dining.sewanee.edu/nutrition/sick-meals