



Flu Self-Care and Self-Isolation Checklist for Students

- For resident students who live locally and come down with flu-like symptoms, we recommend that you return home to recuperate.** Call the Residence Life Office at 663-3228 to inform them that you are sick and leaving campus. Keep your nose and mouth covered with a surgical mask as you travel home.
- All Students:** Contact your physician, or the Health Center at 663-8334, to report you're sick with flu-like symptoms.
- Stay away from work and class and all public places until you're completely fever-free (3 to 5 days for most people).
- Contact your professors and supervisors to let them know you will be out sick.
- If you can, go home or to a nearby relative's house to recuperate (without using public transportation).
- If you will need groceries or other supplies, call a friend to drop them off for you rather than going into a store. Do you have enough...?
 - Acetaminophen and ibuprofen for fever and body aches
 - Fluids that you like, such as juice, sports drinks, herbal tea, Popsicles
 - Food for you; food for your pet
 - Facial tissues, toilet paper
 - Disinfectant household spray cleaner, disposable disinfectant wipes
 - Hand sanitizer
 - A thermometer to monitor your temperature
- If you're staying in a household with other people, tell them you have the flu. Limit their exposure by staying in a room by yourself with the door closed, using a separate bathroom if possible, covering your face with a surgical mask or bandanna whenever you leave the room or they come into yours, and encouraging everyone to wash hands well and often and use disinfectant cleaners/wipes on shared surfaces.
- Take care of yourself**
 - Drink fluids to stay hydrated
 - Get plenty of rest
 - Eat what you can
 - Manage fever and body aches with ibuprofen and acetaminophen
 - Don't expect too much of yourself. The flu makes people weak, achy, and exhausted, so give yourself time to recover.
- Call your health clinic if symptoms don't improve after 3 to 4 days.
Edgewood Health Center: 663-8334.
- 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 that 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 use a disinfectant cleaner on all the hard surfaces in your room and all shared rooms in the house (especially bathroom and kitchen).
- Even after you're fever-free, you could shed virus for a couple of days, so continue hand washing and covering coughs and sneezes to protect others, and to protect your own health.