

## **Checklist for Students with Influenza Like Illness**

- Keep your nose and mouth covered with a surgical mask in public.
- Stay away from work, class and all public places until you're completely fever-free.
- Residential students should contact building staff for additional services, including meals.
- Contact your professor and employer to let them know you will be out sick.
- If you can, go to your parent's or a nearby relative's house to recuperate; avoid 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...?
  - Over-the-counter pain relievers/fever reducers (use only as recommended)
  - Fluids that you like, such as juice, sports drinks, herbal tea, Popsicles
  - Food for you; food for your pet (off campus students)
  - 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 bandana whenever you leave the room or they come into yours, encouraging everyone to wash hands well and often and using 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 over-the-counter pain relievers/fever reducers (use only as recommended)
  - Don't expect too much of yourself. The flu makes people weak, achy, and exhausted, so give yourself time to recover.
- Call your health care provider if symptoms don't improve after 3 to 4 days, or DePaul Health Services 773-549-7557
- 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 trash, and use a disinfectant cleaner on all the hard surfaces in your room and all shared rooms in the apartment (especially bathroom and kitchen).
- Even after you're fever-free, you could spread virus for a couple of days, so continue hand washing and covering coughs and sneezes to protect others.