



**SAN DIEGO STATE
UNIVERSITY**

Student Health Services
5500 Campanile Drive
San Diego, CA 92182-4701
TEL: 619-594-5281
FAX: 619-594-3638
<http://shs.sdsu.edu>

HOME CARE GUIDELINES	SYMPTOMS THAT MAY REQUIRE URGENT MEDICAL ATTENTION
<ul style="list-style-type: none"> ▪ Take all prescribed medication as directed by your healthcare provider. ▪ Drink plenty of clear fluids, e.g., water and Gatorade®. ▪ Over-the-Counter medications provide relief for symptoms, e.g., for fever and pain relief: Tylenol®, Advil®, Motrin®; decongestant: Sudafed®; for cough: Nyquil®, Robitussin®. 	<ul style="list-style-type: none"> ▪ Difficulty breathing or shortness of breath; ▪ Pain or pressure in chest or abdomen; ▪ Sudden dizziness; ▪ Confusion; ▪ Severe or continuous vomiting; ▪ Flu like symptoms improve but return with fever and worsening cough.
FLU PREVENTION TIPS	RETURNING TO CLASS
<ul style="list-style-type: none"> ▪ Wash hands frequently; ▪ Avoid touching your eyes, nose and mouth; ▪ Cover your cough or sneeze; ▪ Avoid close contact with sick people; ▪ Get immunized! 	<ul style="list-style-type: none"> ▪ You may return to class when you no longer have a fever, for at least 24 hours without the use of fever reducing medication, e.g., Tylenol®. ▪ Contact your professor directly via email to make arrangements for assignments/exams.
SHS CLASS EXCUSE POLICY	
<p>Effective April 4, 2011, Student Health Services no longer provides medical excuses for short-term absences due to illness or injury. In circumstances when the illness or injury is prolonged (an absence of more than five days) and requires medical attention or hospitalization, we will work with students to provide appropriate documentation.</p>	
<p style="text-align: center;">Student Health Services 619-594-5281 After Hours Advice Nurse: 888-594-5281</p>	