Prevent the Flu
• Wash hands frequently.
• Cover mouth and nose with a tissue when you cough or sneeze.
• Clean commonly touched surfaces such as doorknobs, keyboards, telephones; you can use disinfectant or sanitizer wipes.
• Get immunized!

Symptoms
• Fever (temp. ≥100°F) or chills AND a cough or sore throat—don’t go to class
  - Body aches and other symptoms may occur.

What to do when you are sick
Emergency warning signs that need urgent medical attention include:
• Difficulty breathing or shortness of breath
• Pain or pressure in the chest or abdomen
• Sudden dizziness
• Confusion
• Severe or persistent vomiting
• Flu-like symptoms improve but then return with fever and worse cough

Contact Student Health Services at (619) 594-4325 or your regular health-care provider, IF:
• You have a chronic medical condition such as asthma, diabetes, immune system suppression by HIV or other disorder or medical treatment
• You are pregnant
• You are under the age of 19 and taking long-term aspirin therapy

If your symptoms are NOT accompanied by any of the emergency warning signs or the chronic medical conditions then:
• STAY HOME
  For at least 24 hours after you no longer have a fever or signs of a fever (have chills, feel very warm, or are sweating), without the use of fever-reducing medicines.
• Stay away from classes and limit interaction with other people, except to seek medical care; remain in your room as much as practical.
• Wear a surgical mask if close contact with others cannot be avoided.
• Take medications such as, Tylenol® or ibuprofen, as directed for fever or pain.
• Drink clear fluids (such as water, broth, sports drinks) to keep from becoming dehydrated.
• Return home if your family lives relatively close to campus to keep roommates from getting infected.

If you live in the residence halls
• Notify your residential advisor (RA) about your illness so that he or she can work on measures to reduce the spread of the infection to others. If you know someone that is severely ill and they haven’t notified an RA or received health-care, please notify someone as soon as possible.

For Additional Information on the Flu visit:
• The Centers for Disease and Control website
  http://www.cdc.gov/flu
• Get a “flu buddy”; pair up with another student to deliver your meals and make contact with professors if you’re ill.

If you live in Greek Housing
• Notify your Chapter President about your illness so that he or she can work on ways to reduce the spread of the infection to others.
• Get a “flu buddy”; pair up with another student to deliver your meals and make contact with professors if you’re ill.

If you live in off-campus apartments or residences
• Notify a friend or “flu buddy” that you are ill. Ask them to help you with meals and letting others know that you are not well. Contact your professors so they know you are ill.

If your roommate has the flu
• Limit contact, try to maintain a distance of 6 feet from him or her.
• Frequently clean commonly-touched surfaces.
Follow this chart for information about how to treat the symptoms of the flu (influenza) or a cold and how to know when to see a health-care provider. Other illnesses may also cause flu or cold-like symptoms.

Self-care is often all that is needed to treat common viral illnesses. If you feel ill, use a thermometer to determine if you have a fever. Low-cost thermometers and over-the-counter medicines are available at the SHS Pharmacy.

For information on flu prevention and vaccination visit the Student Health Services (SHS) website at shs.sdsu.edu or The Center for Disease Control at cdc.gov. You may also call SHS at 619-594-4325.

Notes: SDSU faculty should assist you with making accommodations if you miss class due to illness and should not require a medical excuse.

This guide does not encompass all upper respiratory and lung conditions. A health-care provider should be contacted for any concerns or persistent symptoms.