



We know there are many questions and concerns, and here are some answers and guidelines...
(Sources: Centers for Disease Control and Prevention; University Health Service)

Know the signs and symptoms of flu. Symptoms include fever of 100.4 F (38 C) or greater, plus cough or sore throat. In addition, symptoms of flu can include runny nose, body aches, chills, headache, tiredness, diarrhea, or vomiting. Most cases of flu (seasonal and H1N1) are mild, and acute symptoms usually resolve in 3 to 5 days, although cough may linger.

If you become ill, you may wish to go home or to the home of a relative or friend in the area for the isolation period of a few days. If you are not able to leave, stay in your room or apartment until at least 24 hours after there is no longer a fever or signs of a fever (have chills, feel very warm, have a flushed appearance, or are sweating). This should be determined without the use of fever-reducing medications (any medicine that contains ibuprofen or acetaminophen). Self-isolation will help you recuperate and help reduce the spread of germs and virus to others. Ask a roommate, housemate or friend to check up on you and to bring you food and supplies if needed.

It may not be necessary for you to go to University Health Service, unless you are severely ill or have underlying health conditions that place you at high risk* with influenza-like illness. Not all who are sick with the flu need to be seen by a physician. The majority of people who become ill are getting mild to moderate cases of the flu and are recovering fully in a week or less, without any medical intervention. The Centers for Disease Control and Prevention (CDC) recommends that healthcare providers should prioritize their staffing and resources for severely ill patients. When in doubt, call the UHS Nurse Advice Line at 763-4511 or contact UHS (<http://www.uhs.umich.edu/>).

- UHS will *not* be routinely testing people with flu-like symptoms.
- Treatment of ill individuals with the prescription drug Tamiflu is recommended by the CDC *only if there is an underlying health condition*. University Health Service physicians will not prescribe Tamiflu for students who do not meet CDC guidelines.

University Health Service (UHS) recommends the following care for students who are in isolation in their rooms or apartments to recover from the flu: Typically the illness runs its course in 3 - 5 days, during which time it is important to reduce symptoms – fever of 100.4 F (38 C) or greater, plus cough or sore throat; in addition, symptoms of flu can include runny nose, body aches, chills, headache, tiredness, diarrhea, or vomiting.

- Use medications to reduce fever and aches and pains, such as acetaminophen (e.g. Tylenol), ibuprofen (Advil) or naproxen (Aleve).
- For a mild cough, take a syrup or lozenge; see a healthcare provider if it is a severe cough.
- Drink plenty of clear fluids to keep from becoming dehydrated – six 8-ounce glasses a day of water, broth, sports drinks, or electrolyte beverages for infants.
- Try to eat 2 or 3 times a day.
- Take your temperature, especially as you begin to feel better.
- When you feel better stop the medications, and if fever is absent or below 100.4 F (38 C) for 24 hours, resume your normal activities.
- People may continue to shed virus after their fever goes away, so continue to cover your coughs and sneezes and wash your hands to prevent spreading the virus to others.

(over)

- **Minimize contact with others.** If someone shares a room or an apartment with you, wear a mask when they are in the room. If you leave your room, wear a mask. The masks will prevent droplets of sneezing and coughing from spreading to others.

If you are sick and need a mask, ask a friend to get one for you at the Campus Information Centers in the Michigan Union or in Pierpont Commons. Wear the mask when there are healthy people near you to keep from spreading the virus. Masks can be worn until they become constantly damp or soiled.

Students with flu-like symptoms who live off-campus can order a 24-hour supply of food items while they recuperate in their apartments or houses. Predetermined menus based on UHS and dietitian recommendations of foods best suited to flu-like symptoms. Three meals per order will be available for pick-up at locations in the Michigan Union, Pierpont Commons or Trotter House. More information can be seen at <http://catering.umich.edu/flu-menu>
Call 734-764-2142 to order food, and schedule when and where a friend will pick up the order.

If you become ill and need to miss classes for a few days, contact your instructors directly to seek accommodations and notify your academic advisers. If this is not possible, contact the Dean of Students Office for assistance (Phone: 734-764-7420; E-mail: deanofstudents@umich.edu). UHS should not be expected to issue health excuses, and the faculty has been so advised.

- * **If you are at higher risk for complications from flu, and you are experiencing influenza-like symptoms or a roommate has become ill, contact your health care provider or UHS for treatment.** People at higher risk for flu complications include people of any age who have chronic medical conditions (such as asthma, diabetes, heart disease, HIV disease, immune deficiency), pregnant women, children under the age of 5 years and people age 65 years and older.

If you experience any of the following warning signs, contact UHS or a healthcare provider right away:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

U-M information about H1N1 is available at <http://www.vpcomm.umich.edu/pa/key/flu-H1N1.html>

Your flu-related questions are welcome, please send them to: fluquestions@umich.edu