



The Center for Health and Counseling Services
 Mother Teresa Hall
 (815) 836-5455

Patient Instructions for Influenza-like-Illness (ILI)

Influenza (commonly called the flu) is a contagious **respiratory illness** that tends to start suddenly. You may feel fine one hour and have a high fever the next. If you are having influenza-like-illness (fever, AND cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue) it is important that you avoid going out into public places. You should stay in your residence hall room or at home until you have been fever free for at least 24 hours- **without** the use of a fever reducing medication. This may be from 3-7 days after the onset of symptoms.

To relieve symptoms:

- Get plenty of rest.
- Drink plenty of fluids (such as water, broth, sports drinks) to keep from becoming dehydrated.
- Be sure to eat. Soups and other liquids may be more soothing than a heavier meal.
- Keep your home smoke free.
- Use throat lozenges, ice chips, popsicles or dilute salt water gargle for sore throats.
- Take acetaminophen or ibuprofen for pain or fever (follow package insert or your healthcare provider's dosage instructions).

If you feel you need to seek medical care you should contact your healthcare provider or the Center for Health & Counseling Services by telephone for further instructions before coming to the clinic. This will assist in limiting exposure to others. (Center for Health & Counseling Services: 815-836-5455).

If you feel you must leave your home or residence hall room (for example, to seek medical care or other necessities) you should wear a surgical mask and cover your nose and mouth when coughing or sneezing. If you do not have a mask, use a tissue to cover your nose and mouth. You may contact Residence Life at x5275 (or x3889 if after hours) to arrange for meals.

You should seek immediate medical attention if you have the following symptoms:

shortness of breath, wheezing, or any problems breathing	bluish or grayish skin color
worsening headache or stiff neck	rash
pain or pressure in chest or abdomen	difficulty drinking enough fluids
sudden dizziness, confusion or feeling faint	low urination (may be a sign of dehydration)
severe or persistent vomiting	If feeling sicker at any time, or not improving as expected
Recurrent cough and fever after symptoms have started to improve	For any other new symptoms or concerns

Infectious disease precautions: Take these every day steps to protect your health and the health of those around you:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after use.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand sanitizers are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- Stay home if you are sick.

Close Contacts need to monitor themselves for illness for 7 days. They should follow the same infectious disease precautions as noted above. Remember they may become infectious before developing symptoms. If close contacts are less than 2 years old or more than 65 years old, or have a chronic medical condition such as; cardiovascular disease, diabetes, asthma, immunosuppression, or are pregnant; contact a medical provider for more information.

Please call the Center for Health & Counseling Services if you have any questions: 815-836-5455 (see our website for center hours and after hours care options). <http://www.lewisu.edu/student-services/health/index.htm>

Please refer to the Student Handbook, p.27 under, **Missed Classes Due to Illness/Personnel Concerns**. In accordance with this section of the Student Handbook, the staff at the Center for Health and Counseling Services believes strongly in empowering students to manage their personal affairs. Therefore, we encourage students to discuss missed classes, missed work, or other personal concerns with their instructors or employers directly. Use remote means (telephone, voicemail, or email) to contact your instructors or employers. This will assist in limiting exposure to others.

Medications to help lessen the symptoms of influenza-like-illness

Check with your healthcare provider or pharmacist for correct, safe use of medications.

Most people do not need antiviral drugs to fully recover from the flu. However, persons at higher risk for severe flu complications, or those with severe flu illness who require hospitalization, might benefit from antiviral medications. You will need to ask your doctor whether you need antiviral medication.

Warning! Do not take aspirin (acetylsalicylic acid) containing products if you have the flu; this can cause a rare but serious illness called Reye's syndrome that can affect the brain and liver.

- Check ingredient labels on over-the counter cold and flu medications to see if they contain aspirin or any other salicylates.
- You can take medicines **without** aspirin, such as acetaminophen (Tylenol®) or ibuprofen (Advil®, Motrin®, Nuprin®), to relieve symptoms.
- Fevers and aches can be treated with acetaminophen (Tylenol®) or ibuprofen (Advil®, Motrin®, Nuprin®) or nonsteroidal anti-inflammatory drugs (NSAIDS). Examples of these kinds of medications include:

Generic Name:

Acetaminophen
Ibuprofen
Naproxen

Brand Name:

Tylenol®
Advil®, Motrin®, Nuprin®
Aleve

- Over-the-counter cold and flu medications used according to the package instructions may help lessen some symptoms such as cough and congestion. Importantly, these medications will not lessen how infectious a person is.
- Check the ingredients on the package label to see if the medication already contains acetaminophen or ibuprofen before taking additional doses of these medications - don't double dose! Patients with kidney disease or stomach problems should check with their healthcare provider before taking any NSAIDS.