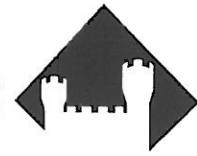


Medical Clinic

Health & Counseling Services



EASTERN ILLINOIS UNIVERSITY™

Eastern Illinois University Influenza Advisory January 23, 2018

Overview

Eastern Illinois University's Health and Counseling Service's Medical Clinic has had numerous students present with Influenza-Like Illnesses (fever $\geq 100^{\circ}\text{F}$ with a cough and/or sore throat), and has confirmed approximately 20 cases of influenza through laboratory procedures. For the week ending January 13, the Illinois Department of Public Health reported that influenza was widespread throughout the state. During that week, medical facilities participating within the IDPH sentinel reporting sites reported approximately 6% (baseline 1.8%) of outpatient visits accounting for Influenza-Like Illnesses. Over a quarter (28%) of lab tests reported through the surveillance system were positive, with the majority indicating infection by influenza A strains.

Symptoms of Influenza include:

- Fever of 100 degrees or higher
- Sore throat
- Runny or stuffy nose
- Body aches
- Chills
- Fatigue
- Headaches
- Vomiting and diarrhea.

Actions Individuals with Influenza-Like Illness are Strongly Encouraged to Take:

- Avoid contact with others until fever free without the aid of fever-reducing medications for 24 hours or more.
- Avoid going to class and other public gatherings until fever free without the aid of fever-reducing medications for 24 hours or more.
- If needing to miss class, contact faculty to make arrangements for missing class so you do not fall behind if it is determined that you should not attend classes.
- Stay in bed and get plenty of rest.
- Consume plenty of liquids to stay hydrated.
- Eat plenty of nutritious food.
- Avoid smoking and alcohol. This will only hinder recovery.
- Use Over-the-Counter medications which can assist in relieving many of the symptoms, including aches and fever. OTC's, thermometers, and other cold/flu items are available from the Health and Counseling Services Pharmacy, located in the Human Services Building.

Urgent Medical Situations

Individuals with Influenza-Like Illness symptoms are strongly encouraged to seek medical attention **immediately** if the following occur:

- Feeling weak and/or dehydrated; unable to consume enough fluids
- Difficulty breathing
- Pain/ pressure in chest or abdomen
- Sudden dizziness or fainting
- Confusion
- Severe or persistent vomiting

Universal Prevention

Everyone is asked to do their part in reducing the spread of infections. The following actions are strongly encouraged:

- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Clean frequently touched surfaces.
- Do not share utensils, cups, and other objects.

We continue to monitor the situation on our campus and throughout the U.S.

Updates will be provided as needed.

Sincerely,

A handwritten signature in black ink, appearing to read "Eric S. Davidson". The signature is fluid and cursive, with a long horizontal stroke at the end.

Eric S. Davidson, Ph.D., MCHES, CSPS
Interim Director
Eastern Illinois University Health and Counseling Services