

Novel H1N1 Influenza

Everyone is responsible to help prevent the spread of H1N1 Influenza and other flu-like illnesses. This year, given the unique combination of seasonal and H1N1 Influenza, everyone's efforts should be heightened. What Can You Do?

Be Aware of the Symptoms of H1N1 Influenza

- Fever, over 100, can be higher
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches, usually severe, affecting the body all over
- Headache
- Chills
- Fatigue, often severe, so that you want to stay in bed

Some people with this virus have also reported:

- Diarrhea
- Vomiting

If You Suspect You Have a Flu-like Illness

- Stay home and avoid contact with others, until fever free for 24 hrs without medication.
- Avoid normal activities including work, school, travel, shopping, social events and public gatherings.
- Consume plenty of liquids, stay hydrated.
- Get plenty of rest.
- Avoid using alcohol and tobacco.
- Over-the-counter (OTC) medications are available to relieve the symptoms of the flu. Consult a medical provider early on for the best treatment.
- Ask a friend to help by bringing you food and other items.
- Please contact the Health Service, 217-581-2727 to discuss your symptoms with a nurse.

Seek emergency medical services if you experience the following:

- Feeling weak and/or dehydrated and not able to consume enough fluids.
- 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.



Health Service Hours

M-F 8 am-5 pm & Sat. 10 am-2 pm (RN available)

Tell a Nurse Phone Line: 217-581-ASAP (2727)

Emergencies dial 911

Appointments: 217-581-3013

(Available when Health Service is open)

Schedule on-line 24/7 through the Health Service web site or at <https://secure.health.eiu.edu/Portal/default.aspx>

Is it Cold or Flu?

Cold Symptoms Include:

- Runny nose
- Sneezing
- Sore throat
- Mild to moderate cough or hacking cough
- Mild fever, if any
- Mild aches and pains
- Mild fatigue, weakness, if any
- Rarely headaches