



FLU SYNDROME HANDOUT FALL 2009



Novel H1N1 Influenza virus has been circulating in the United States since Spring 2009. It has persisted throughout the summer and is affecting young people disproportionately. Most colleges and universities in the U.S. have had cases of H1N1 this fall and numbers are expected to increase. Fortunately, most cases have been mild but the CDC has given guidelines to help colleges and universities deal with this pandemic.

Symptoms of H1N1 Influenza include fever, cough, sore throat, headache, runny or stuffy nose, chills, fatigue and vomiting and diarrhea. Length of illness can vary but usually lasts about one week.

Some people with mild symptoms may not need to see a doctor or healthcare provider. These people are asked to go home and remain home and self-isolate until they are fever-free for 24 hours without the use of fever-reducing medications. Fluids, rest and over-the-counter medications will be helpful to manage symptoms. To prevent spread of the virus, wash hands often, cover your cough and clean frequently touched surfaces. You should call Health Service at 581-3013 to verify your symptoms. Health Service will advise you and then call the Office of Registration to notify your instructors.

Students with more severe symptoms or underlying health conditions should be evaluated and treated by Health Service or your primary care provider. Depending on severity of symptoms, you may have testing for H1N1 or other infections. Medications may be prescribed. **However, if you have symptoms of Influenza, you will be asked to go home to your permanent home, remain home and self-isolate until you are fever-free for 24 hours.** Private transportation should be used to return home. Health Service will contact the Office of Registration to notify your instructors of class absence. The Housing Office will provide temporary housing for on-campus students unable to return to their permanent home. If you must remain on campus or in Charleston, we ask that you identify a “Flu Buddy” who will check on you and provide you with food, fluids, medications and other items you may need while recovering. This person will be responsible to maintain contact with Health Service as well if needed. We also request that you provide us with the name and contact information of the person providing you care if you return home. Finally, we ask that you sign an authorization to release information to speak with those who may be involved with your care.

Seek immediate medical care if you experience the following symptoms:

- 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

Eastern Illinois University is following the guidelines for colleges and universities from the Center for Disease Control. We recommend you visit www.flu.gov , www.cdc.gov and the Health Service website often for updates. Please contact Health Service for questions at: 217-581-3013.