
WHAT TO DO IF YOU HAVE THE FLU

What is the difference between seasonal flu and H1N1?

The seasonal influenza virus and the H1N1 influenza virus are very similar. Both virus strains will cause the following symptoms to occur:

- Fever of 100 degrees or more
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Headache
- Chills
- General Fatigue



The differences between the seasonal influenza virus and H1N1 are that the **symptoms tend to be more severe for those that have H1N1**. In addition, some individuals that have been infected with H1N1 have also reported vomiting and diarrhea.

What to do if you have the symptoms of flu...

Avoid contact with others until fever free without the aid of fever-reducing medications for 24 hours or more. If you live in a residence hall, it is suggested that you return to your permanent home for several days until fever and other symptoms have subsided. If you decide to go home, please avoid using public transportation such as buses or trains to avoid spreading the virus. Private transportation (car or taxi) is the best option. If going home is not possible, University Housing and Dining Services can assist you by temporarily relocating you to a single occupancy room on campus. More information about this can be obtained by contacting UHDS at 581-3923.

You should also **avoid going to class and other public gatherings**. The Health Service can be called at 581-2727 to help determine whether or not you should come to the clinic to be seen by a provider or if you have a flu-like illness that would prevent you from attending classes. Your professors will also be notified through the Registrar's Office that you will be missing class if your symptoms warrant this. It is suggested that you also **take the time to contact your professors personally to make arrangements for missing class so you do not fall behind if it is determined that you should not attend classes**.

Take time to get well.

- 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.
- Over-the-counter medications can assist in relieving many of the symptoms.
- In most cases, symptoms should subside in approximately 7 days.

When you should consult a medical provider or emergency medical services right away.

- If you feel weak and/or dehydrated and are unable to consume enough fluids
- Difficulty breathing
- Pain or pressure in chest or abdomen
- Sudden dizziness or fainting
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms subside but then return with fever and severe cough

For more information, Contact the Health Service at 217-581-2727

M-F 8am-5pm & Sat. 10am-2pm