You will probably be sick for several days with fever and respiratory symptoms.

Take Your Medications as Prescribed:
- Take all of your prescribed medicines unless you have been told to do otherwise by your provider.
- Continue to cover your cough and wash your hands often, even when taking your medications, to prevent spreading influenza to others.
- Call your primary provider’s office if you experience any side effects; i.e. nausea, vomiting, or rash.
- Take medications for symptom relief as needed for fever and pain such as acetaminophen (Tylenol®) and ibuprofen (Advil®, Motrin®, Nuprin®), and cough medicine. These medicines do not need to be taken regularly if your symptoms improve.
- Do not take aspirin (acetylsalicylic acid) or products that contain aspirin (e.g. bismuth subsalicylate – Pepto Bismol®)

Seek Emergency Care
If you experience any of the following; you may need urgent attention:
- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Improvement of flu-like symptoms, but then they return with fever and worse cough

Call the McKinley Health Center Dial-a-Nurse any time, any day, 333-2700 for assistance

Follow These Home Care Recommendations:
- Leave campus and go home to recover if you can. Stay home or in your room for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of fever-reducing medicine.)
- Keep away from others as much as possible, to prevent spreading the flu and getting others sick.
- Drink clear fluids (such as water, broth, sports drinks, electrolyte beverages for infants) to keep from being dehydrated.
- Dishes can be washed in the dishwasher or with hot soapy water.
- Throw away tissues and other disposable items used by the sick person in the trash. Wash your hands after touching used tissues and similar waste.
- Have everyone in the household wash hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose and mouth. Germs spread this way.

Reference: http://www.cdc.gov/h1n1flu/guidance_homecare_directions.htm

If you are a registered University of Illinois student and you have questions or concerns, or need to make an appointment, please call: Dial-A-Nurse at 333-2700

If you are concerned about any difference in your treatment plan and the information in this handout, you are advised to contact your health care provider.

Visit the McKinley Health Center Web site at: http://www.mckinley.illinois.edu