

## What to Do if You Are Sick (With the Flu/H1N1 Virus)!

If you have symptoms of the seasonal flu or the H1N1 flu, see a doctor immediately. If you aren't sure if you have the flu, remember that symptoms can come on quite rapidly and are accompanied by a fever greater than 100.5F.

If you have been diagnosed with the flu, H1N1 flu, or if you have a cold with a fever, the Centers for Disease Control Recommends that you should stay home, follow your doctor's orders, and watch for signs that you need immediate medical attention.

**Do not return to class or work for at least 24 hours after your fever is gone without the use of fever reducing medications such as Tylenol® or Advil®!**

- **The CDC recommends that you stay home for at least 24 hours** after your fever (100°F or 37.8°C) is gone except to get medical care or for other things you have to do and no one else can do for you. (Your fever should be gone without the use of a fever-reducing medicine, such as Tylenol®.) You should stay home from work, school, travel, shopping, social events, and public gatherings.
- Avoid close contact with others, **especially those who might easily get the flu**, such as people age 65 years and older, people of any age with chronic medical conditions (such as asthma, diabetes, or heart disease), pregnant women, young children, and infants.
- **Clean hands often.** Both soap and water or an alcohol-based hand rub are effective germ killers, especially after using tissues or coughing/sneezing into your hands.
- **Cover coughs and sneezes.** Do not cough or sneeze into your hand; use a tissue or your arm if tissues are unavailable.
- **Wear a facemask** when sharing common spaces to help prevent spreading the virus to others. Wear the facemask if you are leaving to go to the doctor, if you have people entering your room, or if you are out in public .
- **Drink clear fluids** such as water, broth, sports drinks, or electrolyte beverages made for infants to prevent becoming dehydrated.
- **Get plenty of rest.**
- **Get additional medical attention right away if you:**
  - Have difficulty breathing or chest pain
  - Have purple or blue discoloration of your lips
  - Are vomiting and unable to keep liquids down, or
  - Show signs of dehydration, such as feeling dizzy when standing or being unable to urinate.

For further information about the Flu/H1N1 virus, watch for updates online at <http://www.cdc.gov> or through HNU Hawk Health's Twitter page at <http://www.twitter.com/HNUHawkHealth>.

Content adapted from the Centers for Disease Control  
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