**Flu (Influenza)**

Influenza is a contagious disease caused by the influenza virus and is spread via coughing, sneezing, or respiratory secretions. The best way to prevent influenza (flu) is by getting the influenza immunization.

**General Self-Care Measures:**
- Stay in your room and do not attend classes if you have a fever. You may return to classes after being fever-free for 24 hours.
- Rest and increase your intake of clear fluids (water, broth, sports drinks, tea)
- If you live in the dorm, your RA can assist with getting foods and liquids from the Dining Halls.
- Contact your professors to let them know you are ill.
- If you smoke, vape, or juul, stop smoking while ill.

**Sore Throat Care:**
- Gargle with warm salt water several times a day for sore throat discomfort (1/4 teaspoon regular salt to 1/2 cup warm water)
- Increase fluids as tolerated
- Use cough drops, hard candy, or frozen popsicles for additional relief

**Care for Fever/Headache/Muscle Aches:**
- Chills and sweats often indicate a fever.
- The following will help to lower a fever and reduce headaches and body aches:
  - Consider taking Acetaminophen325 mg (Tylenol®) 2 tablets every 4-6 hours per package directions or Ibuprofen (Advil®, Motrin®) 2 tablets every 4-6 hours per package directions.
  - For a fever > 101 degrees Fahrenheit, consider alternating your Acetaminophen and Ibuprofen, 2 tablets of each, no sooner than every 4 hours.
- Avoid aspirin with the flu because it can cause Reye’s syndrome, a rare, but serious condition.

**Nasal/Sinus Congestion Care:**
- Consider taking a nasal/sinus decongestion per package directions such as Pseudoephedrine, (Sudafed®) (This can only be purchased at a pharmacy counter)
- Increase the humidity of your living space with a vaporizer or humidifier
- Breathe in steam (hot shower)
- Saline nasal spray (Ocean®, Deep Sea®, etc.) to moisturize nasal passages.
- Nasal/sinus irrigation (Sinus Rinse®, NetiPot®); these relieve sinus and nasal congestion and promote drainage.

**Contact Health & Wellness at (603) 862-2856 when open or (603) 862-9355 when Health & Wellness is closed:**
- For a temperature of 101 or greater lasting longer than 4 days
- Any symptoms lasting > 5-7 days
- If you are experiencing a severe headache, rash or stiff neck
- Anytime you are concerned about your symptoms
- If you have questions

**YOU SHOULD SEEK IMMEDIATE MEDICAL CARE IF YOU HAVE ANY OF THE FOLLOWING:**
- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Recurring dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms that improve, but then return with fever or worsening cough
Flu (Influenza)

**PREVENT THE SPREAD OF FLU**
- Avoid close contact with others who may be sick or if you are sick
- Stay home when you are sick
- Cover your mouth and nose with a tissue when coughing or sneezing or cough into your elbow
- Avoid touching your eyes, nose, or mouth
- Wash your hands often with soap and water
- Don’t share toothbrushes, eating utensils, towels, drinking glasses or other items that might spread germs
- Take care of yourself by eating healthy meals and getting enough sleep

Remember, the flu is caused by a virus and cannot be treated with antibiotics.

Contact a Health & Wellness Health Resource Nurse at (603) 862-2856
For After Hours Care please call (603) 862-9355 (WELL)

**IMPORTANT**

You should always “read the directions” on all non-prescription medications, including those listed here, to ensure:
- correct dosing
- awareness of any warnings related to the non-prescription medication
- possible interactions with the medications you take on a daily basis
- possible interactions with any health conditions you may have.

Many multi-symptom medications contain several medications including Acetaminophen or Ibuprofen decongestants, and antihistamines. It is very important that you read the contents label to avoid overdosing yourself by using duplicate ingredients.