



# What to do if you have the FLU?

(A guide for students living in campus housing)

## **If you have flu like symptoms:**

(fever, flushed in appearance, shivering and/or sweating, diarrhea, vomiting, cough and/or sore throat)

- Tell an RA or housing staff member.
- Do not go to classes or student life activities.
- Notify your instructors by e-mail.
- You are encouraged to call your parents.
- If you live close to your home, you may be encouraged to go home until 24 hours after you no longer have a fever.
- If you cannot go home, you may be asked to stay in your room until 24 hours after you no longer have a fever.
- Meals will be arranged to be brought to your room.
- If you have a chronic health condition such as asthma, diabetes or heart condition, then you should talk with a health care provider. (Seward County Health Department: 626-3369)

## **The key is to stay healthy:**

- Practice good hand hygiene.
- Practice respiratory etiquette – (cover your mouth and nose when you cough or sneeze)

