

What should you do if you are diagnosed with the flu?

- Notify your professors that you will be out of class and contact the Office of Student Affairs, 221 Taylor Hall, 970.943.2011
- Take anti-viral medication as prescribed
- Get plenty of rest
- Drink lots of clear liquids (water, juices, Gatorade, soups, etc.)
- Take Ibuprofen (Advil, Motrin), Acetaminophen (Tylenol) or Naprosyn (Aleve) to reduce pain and fever as directed:
 - Tylenol - 1000 mg every 6 hours (do not exceed this amount)
 - **Or** Advil or Motrin - 200 mg tablets over the counter; 3 tablets every 8 hours with food
 - **Or** Aleve - 2 tablets every 12 hours (you may substitute this for Advil but do not take both)
 - **AVOID ASPIRIN**
- Avoid drinking alcohol
- Don't smoke
- Self-isolate until no fever (greater than 100 degrees F) without the use of fever reducers for 24 hours
- Use a face mask when in close quarters with other persons. Wash hands frequently. Dispose of used tissues immediately. Clean and wipe surfaces with soap and hot water or household disinfectants.
- If your roommate or suitemate wishes to be moved to another room, please have them contact Brenda with Residence Life @ 970.943.2101.
- Check WSC website (www.western.edu) for important tips and updates.
- We advise those with flu to identify and ask a friend to serve as his or her "Flu Buddy":

YOUR FLU BUDDY SHOULD BE:

1. Available to check on you.
2. Someone that could assist with getting you food, medications, etc.
3. Someone who can help you disinfect common living areas as needed.
4. Someone your health care provider can contact for follow-up if you cannot be reached via phone.
5. Someone that could call your health care provider, if concerns arise.
6. Someone that could help you obtain assignments for missed classes.

Please note that your medical information cannot be released to a "Flu Buddy" or to parents without a written medical release signed by the patient.

- Seek medical attention if you develop the following:
 - Worsening cough or shortness of breath
 - Bloody or colored mucus
 - Chest pain
 - Altered mental status; confusion
 - Fever lasting greater than 3 days
 - Symptoms that do not get better after 7 days
 - Advise roommates and close contacts to call or come in to Campus Health Center to be evaluated