



Discharge Instructions for Influenza/ Influenza-Like Illness ("ILI")

You have been diagnosed with **Influenza** or **Influenza-Like Illness**. The CDC recommends **people with flu and "ILI" remain at home at least 24 hours after they are free of fever (100 degrees), or signs of fever/chills, independent of the use of fever-reducing medications.** You are encouraged, if possible, to go to your family home to recover or to stay in your residence hall room and avoid contact with other people. The following recommendations should help you care for yourself and contain the spread of the flu while you are recovering.

- Please do not go to class, meetings, practice, public places if you have flu or flu-like symptoms.
- Notify your Residence Director for getting help in the residence hall.
- Communicate with your professors by email to let them know you will need to be absent for a few days until you feel better.
- Find a friend to be your "flu buddy" since you should not be going to the dining hall for your meals. Use the BiteApp to order food and have a friend pick-up for you.
- If your roommate has a chronic health condition (such as asthma and/or other respiratory conditions, diabetes, immunosuppression), suggest your roommate call, make an appointment with Health Services to discuss flu prevention.
- Wear a surgical mask in your room unless you are alone in the room. You may remove your mask while sleeping. Wear a mask if you need to leave your room to access common areas, including bathrooms. Wash your hands after removing the mask. Use a clean mask if your mask becomes soiled.
- REST, HYDRATE, and EAT nutritious foods, as you would with any viral illness. Hydrate with water, juices, Powerade, Gatorade, popsicles, chicken broth, or Jello.
- If you are not allergic or have any contraindications, take Tylenol and Motrin (with food) over-the-counter as directed. Take your temperature prior to each dose of Ibuprofen or Tylenol. It will be important to know when you no longer have a fever, as you can ONLY resume your usual daily activities after being fever-free for 24 hours, independent of taking any medications.
- Contact Health Services by calling 508-565-1307 between the hours of 8:30-4:30 Monday through Friday if your symptoms are not improving or you experience any of the following: Fever of 103 F or greater, trouble breathing, chest pain, sudden dizziness, severe or persistent vomiting or diarrhea, or any other concerns. If Health Services is closed, call Campus Police or go immediately to the Emergency Department at Good Samaritan Medical Center (Steward Healthcare) at 235 North Pearl Street, Brockton. The hospital phone number is (508) 427-3000. If you are at home, please seek local emergent care.

Additional Instructions: _____

