



### 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.

- Notify your Residence Director for getting help in the residence hall.
- Email your professors to let them know you have the flu and will be out of class.
- Find a friend/roommate to be your “flu buddy” since you should not be going to the dining hall for your meals. Refer to the Stonehill Dining Services webpage ([www.stonehilldining.com](http://www.stonehilldining.com) click FAQ’s at bottom of page, on right screen click “Sick Order Form”).
- 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 or refer to Health Services’ website for more information on what to do to help stay healthy.
- Obtain a “Flu Packet” from Health Services.
- Wear a **surgical mask** in your room unless you are alone in the room. 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, and Gatorade.
- If you have fever, chills, headache and muscle aches, you may take two regular Tylenol every 4-6 hours as needed, alternating with two regular Ibuprofen (Motrin, Advil) every 6 hours, if you are not allergic to either medication.
- 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 Tylenol or Ibuprofen.**
- Contact **Health Services** 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, 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.