

## SIGNS AND SYMPTOMS OF THE FLU



- Fever
- Cough
- Sore Throat
- Body Aches
- Chills
- Headaches
- Fatigue

If you have a fever and a cough or sore throat, then you should try and make arrangements to go home until you are well again. Otherwise self-isolate by staying in your room and call Health Services at 508-565-1307 for more information.

For more information  
about the flu contact :

### **Health Services:**

508-565-1307

<http://www.stonehill.edu/x9289.xml>

### **The Health and Wellness Office:**

508-565-1544

<http://www.stonehill.edu/x11968.xml>

### **Centers for Disease Control and Prevention:**

[www.cdc.gov/flu](http://www.cdc.gov/flu)

# **STONEHILL** COLLEGE

## **GOT THE FLU?**

A guide to taking care of  
yourself and or a friend



Health Services and  
the Health and Wellness Office

508-565-1307/508-565-1544  
<http://www.stonehill.edu/x9289.xml>

### STEP 1: PREVENT THE SICKNESS FROM SPREADING



- **SELF- ISOLATION:** Stay isolated for at least 24 hours until after the fever has subsided without the use of a fever reducing medication.
- Health Services can provide a face mask, thermometer and additional information about taking care of yourself.
- Wear a face mask, provided by Health Services, when leaving the room to go to the bathroom.
- Cough/sneeze into your sleeve to prevent germs from spreading.
- Wipe down common areas such as telephones, door knobs, computer keyboards, game systems, etc. after each time you use them (at least once a day).
- Do not have visitors or guests over until after your fever is gone and you feel better. Communicate via telephone/internet etc. to avoid contact.

### STEP 2: TAKING CARE OF YOU



- **Stay isolated!** Avoid face to face contact if possible, and keep a 6 feet distance from others.
- Frequently wash your hands with hot soapy water or hand sanitizer and throw away used tissues immediately.
- Use a germ killing cleaning agent such as Lysol to wipe down commonly used areas and sanitize the room daily.
- Get plenty of rest.
- Eat healthy and drink plenty of water.



### STEP 3: LOOKING TO HELP A FRIEND



- Remind the sick student they need plenty of rest.
- Encourage them to drink plenty of fluids (water, juice, Gatorade, etc.).
- If they have flu like symptoms let them know they can contact Health Services for further information.
- Have a non-sick friend offer to get their meals for them at dining services.



### Get medical care right away if you or a friend:

- Have difficulty breathing or chest pain.
- Have purple or blue discoloration of the lips.
- Are vomiting and are unable to keep fluids down.
- Have signs of dehydration such as dizziness when standing or absence of urination.
- Have seizures (uncontrollable convulsions).