

Self-Care Fact Sheet for Influenza and Influenza-Like-Illness (ILI)

This fact sheet provides members of the campus community who have an influenza-like illness (ILI) with information to help you take good care of yourself and protect others from getting sick.

Description:

Symptoms of ILI are similar to seasonal influenza and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have also reported diarrhea and vomiting.

Treatment and Prevention:

- ✓ **Stay at home.** To prevent the spread of illness, self-isolate (i.e., stay away from others) in your residence hall or home until you have been without fever for at least 24 hours without the use of fever-reducing medication. Individuals who live within driving distance of the university may be asked to return to their homes for the duration of the illness. It is recommended that you do not travel via public transportation with influenza.
- ✓ **If you go out, cover your cough or sneeze.** If you must leave your home or residence hall (e.g., to seek medical care or other necessities), cover your nose and mouth when coughing or sneezing. A surgical loose-fitting mask can be helpful, but a tissue or other covering is also appropriate.
- ✓ **If you are caring for an ill person, provide safer care at home.** Roommates, household members, or those caring for an ill person should follow guidance developed for caring for sick persons at home. Please visit the Centers for Disease Control and Prevention website at: <http://www.cdc.gov/flu/homecare/index.htm>
- ✓ **Take care of yourself.** Get plenty of rest, drink clear fluids (such as water, broth, sports drinks, electrolyte beverages for infants) to keep from being dehydrated. For fever you may take ibuprofen (Advil or Motrin) or acetaminophen (Tylenol) as directed on package. If you require medical care, contact your health care provider or campus health services to report illness by telephone or other remote means. Please visit the Centers for Disease Control and Prevention website at: <http://www.cdc.gov/flu/takingcare.htm>
- ✓ **Watch for emergency warning signs.** Get medical care right away if you: have difficulty breathing or chest pain; purple or blue discoloration of the lips; are vomiting and unable to keep liquids down; have signs of dehydration such as dizziness when standing, absence of urination, or in infants, a lack of tears when they cry; have seizures (for example, uncontrolled convulsions); or are less responsive than normal or becomes confused.

For More Information:

Up-to-date information and guidance about Influenza and ILI is available on these websites:

Centers for Disease Control and Prevention, <http://www.cdc.gov/flu/about/qa/1011season.htm>

South Carolina Department of Health and Environmental Control (SCDHEC), <http://www.scdhec.gov/flu/index.htm>