



CONNECTICUT COLLEGE

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu vaccine each year.

Some symptoms of the flu include:

Fever

Dry cough

Body or muscle aches

Sore throat

Runny nose

Fatigue

Some people may have nausea and vomiting

The most important things you can do are to rest and drink lots of fluids.

You may be prescribed a medication called Tamiflu to help make your symptoms go away more quickly.

Flu Instructions:

--Return to Student Health services in 24-48hrs if you are worsening or develop shortness of breath.

--Take Ibuprofen 400mg every 4hrs with food **or** Tylenol as directed on bottle, as needed for fever and body aches.

--Drink enough fluids (water, Gatorade, juices, and soups) so your urine stream is clear colored.

--Take naps and rest as much as you can.

--Gargle with salt water as needed for throat pain.

--Use lozenges or cough drops as needed for throat comfort.

--Avoid alcohol while ill.

--Avoid sharing cups/kissing others until healthy.

--Wash your hands frequently to stop the spread of disease.

--**You are considered contagious until you have not had a fever without medication for 24 hours, do not go to class, work, or other activities on campus while you are contagious.**

--It is best to stay in, if you would like to have friends get you food from Dining Services please tell us and we help can arrange that.