How to Take Care of Yourself When You Have the Flu and When to Seek Medical Care

Supplies for Caring for yourself with a Flu like illness:
- A Thermometer – simple digital thermometers
- Non-aspirin pain relievers such as acetaminophen (Tylenol®) or ibuprofen (Advil®, Motrin®, etc.)
- Cough syrup for older children and adults
- Clear Fluids – fruit juice, sports drinks,
- Light food – clear soups, crackers, applesauce, popsicles etc.

Symptoms of the flu include:
- Fever (101° – 104°), lasting 3 – 5 days
- Headache, severe muscle and joint aches
- Sore throat
- Tiredness, can be extreme and last 2 weeks or more
- Dry cough
- Runny or stuffy nose

What to do if you have flu symptoms:
- Flu is a viral illness and is usually self-limiting (resolves on its own). It is important to rest, keep yourself hydrated and treat your symptoms for relief and decreased risk of complications.
- Rest in bed – stay home!
- Drink lots of fluids (water or clear juice non caffeinated teas etc.)
- Take non-aspirin pain relievers to reduce fever and pain (Never give aspirin to children or teens with fever - they can get a serious disease called Reye syndrome.)
- Stay home and avoid public activities so that you don’t pass the flu to other people. Wash your hands well and frequently.

If you are at risk for complications from the flu, call the Health Center as soon as you have flu-like symptoms.
People at risk for complications from the flu include:
- Infants and young children
- People 65 years of age and older
- Pregnant women
- People with chronic medical conditions such heart or lung disease such as asthma, diabetes and people whose immune system is weakened because of disease or medicine.

Call for help immediately if:
- Breathing is fast, difficult or painful
- Your skin is dusky or bluish in color
- The person has chest pain

Adapted from Massachusetts Department of Public Health, 9/08
• The person is disoriented
• The person is unable to walk or sit up, or function normally (others might be the first to notice this, especially in elderly people)

**Call the Health Center 781-736-3677 for an appointment if:**
• The fever lasts more than 3 - 5 days
• There is colored mucous with the cough
• The person is not able to drink enough fluids (urine is dark or has not urinated for 12 or more hours)

Call the health center 781-736-3677 if you have any of the symptoms above, or if:
• Still feel very sick once the fever is gone
• Have a stiff neck, severe headache, severe sore throat, severe earache or unexplained rash, or has repeated vomiting or diarrhea
• Have a fever and have had a seizure
• Gets the flu and has a weakened immune system because of disease of medicine

**Campus Resources:**
For a Medical Emergency call 781-736-3333

The Health Center 781-736-3677 wants to know if you are ill. We will do a phone screening and provide follow up calls as well.

[www.brandeis.edu/health](http://www.brandeis.edu/health) our web page has a link for taking care of yourself and how to get more info on our home page.

The Health Center has self care packages that can be picked up by a friend for you.

[www.brandeishillel.org](http://www.brandeishillel.org) to have some chicken soup delivered to your room.

A friend can use your swipe card to pick up food from the cafeteria for you.

The C store carries basic over the counter self care items which are also available at local pharmacies.

For more information on flu visit [http://www.mass.gov/flu](http://www.mass.gov/flu)