

Self-Care Fact Sheet for Influenza (Flu) 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 take good care of yourself and protect others from getting sick.

Symptoms of ILI are similar to seasonal flu and include:

- Sudden onset of symptoms
- Fever of 100° or higher
- Cough and/or sore throat, need only one but can have both
- Body aches
- Headache
- Chills
- Fatigue
- Occasionally diarrhea and vomiting

Treatment and Prevention:

Stay at home:

- To prevent the spread of illness, self-isolate (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 medicine.
- 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 the flu.

Take care of yourself:

- Get plenty of rest
- Drink clear fluids such as water, broth, sports drinks, or electrolyte beverages to keep from being dehydrated.
- If you require medical care, contact your health care provider or campus health services to report illness by telephone or other remote means.
- Visit the Centers for Disease Control and Prevention website at: 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
- Vomiting or have difficulty keeping liquids down
- Have signs of dehydration such as:
 - ✓ Dizziness when standing
 - ✓ Absence of urination or in infants lack of tears when crying
 - ✓ Seizures (uncontrolled convulsions) or are less responsive than normal
 - ✓ Become confused

If you go out, cover your cough and 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 loose-fitting surgical 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
- Visit the Centers for Disease Control and Prevention website at: cdc.gov/flu/homecare/index.htm

For more information: Up-to-date information and guidance about the Flu and ILI is available on these websites:

Centers for Disease Control and Prevention: cdc.gov/flu

South Carolina Department of Health and Environmental Control (SCDHEC): scdhec.gov/flu