

MARIST HEALTH SERVICES
845-575-3270
SELF-CARE INSTRUCTIONS FOR INFLUENZA-LIKE ILLNESS

While the CDC defines Influenza-like Illness (ILI) as a temperature of 100 degrees Fahrenheit or greater with a cough or sore throat, flu symptoms may also include runny or stuffy nose, headaches, body aches, chills and fatigue. In H1N1 infection, nausea, vomiting, and diarrhea sometimes occur.

Please remember that while ILI is uncomfortable, most people have a brief (3-4 days) illness and recover without any medical intervention. College students in general are a healthy group and at low-risk of complications. Individual students should know whether they are at high-risk for complications of influenza, which influences evaluation and treatment. That includes people with chronic medical conditions, such as:

- Heart disease
- Lung disease, including asthma
- Diabetes
- Recent chemotherapy or radiation therapy
- Chronic steroid or immunosuppressive medication use
- Students 18 or younger on chronic aspirin therapy
- Sickle cell disease
- Students who have had their spleen removed

If you don't know whether you would be considered "high risk" as above, you should contact your primary health care provider to assist in that determination.

WHAT TO DO IF YOU HAVE ILI:

- 1) Stay home from school, work, practice, and all public activities.
- 2) Go home for recovery (by private transportation) if that is possible.
- 3) Follow best respiratory etiquette:
 - a. Cover the nose/mouth when coughing or sneezing; cough or sneeze into elbow rather than hand
 - b. Use tissues to contain respiratory tract secretions and dispose of them in the nearest waste receptacle after use
 - c. Perform hand hygiene (i.e., use of alcohol-based hand rub, hand-washing with soap and water, or use of an antiseptic hand wash) after having contact with respiratory tract secretions and contaminated objects/materials
- 4) Rest and drink plenty of fluids: water, Gatorade, clear juices. If vomiting or diarrhea occurs, eliminate milk products, let your stomach rest for 30 – 60 minutes, and then sip small amounts of clear fluids (water, Gatorade, apple juice, flat ginger ale or Coca Cola. You may add "BRAT" foods (Bananas, Rice, Applesauce, Toast) if fluids are well-tolerated for 12 – 24 hours. Even if your stomach is not upset, it is common to have decreased appetite. In a generally healthy person, taking fluids and staying well-hydrated is more important than eating solid food, even for a period of several days.
- 5) Students on a meal plan can arrange for a "sick tray" from Dining Services
 - a. A friend can use your CWID to get a "to go" container from a cashier in the Resident Dining Room
 - b. If you don't have a friend who can help, contact your RA or RD
- 6) Medications
 - a. Antibiotics are not effective for the flu.
 - b. The CDC does not recommend treatment with prescription antiviral medications (Tamiflu, Relenza) unless individuals are at high risk for complications of influenza (see above).
 - c. Cough and congestions can be treated with over-the-counter medications like guaifenesin (to decrease mucus), phenylephrine (to decrease congestion), and dextromethorphan (to decrease cough). Check with a pharmacist if you are already taking any prescription medication. Always follow package directions.

- d. For aches and fever, use acetaminophen (Tylenol) or ibuprofen (Advil, Motrin, etc)
 - i. READ AND FOLLOW PACKAGE DIRECTIONS
 - ii. DO NOT TAKE ALONG WITH COMBINATION COLD MEDICATIONS, WHICH MAY ALREADY CONTAIN ACETAMINOPHEN OR IBUPROFEN
 - iii. Acetaminophen dosage: 650 mg (two 325mg tablets) every 4 to 6 hours; do not exceed 12 tablets (325 mg) in 24 hours.
 - iv. Ibuprofen dosage: 400 mg (two 200 mg tablets) every 4 to 6 hours; do not exceed 6 tablets in 24 hours unless directed by a health care professional. Do not take if you have an upset stomach, have a history of gastrointestinal bleeding or bleeding disorder, or have an allergy to aspirin.
 - v. Do not take aspirin, because of the risk of Reye's syndrome in young people (a complication in children involving severe vomiting and confusion).
- 7) Health Services appointments
 - a. Please phone the office to speak with a health professional about whether you need to be evaluated
 - b. Do not "drop in," which exposes more people to illness, slows down appointments, and can delay care.
 - c. If you feel you have a medical emergency, please call Security (extension 2282) for an ambulance
- 8) Self-isolation
 - a. Wait at least 24 hours after fever has resolved (off fever-reducing medications) before returning to classes, work, sports, and other public activities
 - b. Until fever has been gone for at least 24 hours, you may be contagious to others
- 9) If your symptoms worsen
 - a. If you are not improving after 3-4 days, you should contact Health Services to discuss your situation with a health professional
 - b. If your symptoms become severe, as those below, you should contact Security at extension 2282
 - i. Severe weakness
 - ii. Difficulty breathing
 - iii. Chest pain
 - iv. Persistent vomiting
 - v. Vomiting blood, or blood in bowel movements
 - vi. Unexplained rash
 - vii. Change in level consciousness

WHAT SHOULD ROOMATES DO?

Like most colleges today, Marist does not have an infirmary (with overnight care) or the ability to isolate students in residential housing. Direct roommates (those who share a bedroom) of an ill student unable to leave campus are encouraged to temporarily relocate if possible. This could mean moving a mattress into a friend's room, staying with friends in off-campus housing, or becoming a temporary commuter student if home proximity allows. Students who need assistance in considering options should contact their RA or RD.

CLEANING

Housekeeping staff has increased the frequency and intensity of cleaning efforts during this period. Students can contact the Housekeeping Department if they would like assistance with cleaning the common surfaces of their residence.

2009-2010 EXCUSE POLICY

Faculty have been advised that they should not require "excuse notes" of ill students. Responsibility for attendance and completion of assignments rests with the individual student, who must communicate directly with professors. MHS does not issue excuse notes to students for short-term illness or for visits to the Marist Wellness Center.

Faculty notification of students' long-term illness (e.g. hospitalization) or injury (e.g. fracture) is processed through the Center for Advising and Academic Services (CAAS). If a student has missed or will miss 4 consecutive days of classes, CAAS will notify that student's professors. Students (or family, if the student is unable) should contact CAAS themselves at 845-575-3500.

IMPORTANT PHONE NUMBERS

Health Services	845-575-3270
Residential Life	845-575-3307
Dining Services	845-575-3000 ext. 5100
Housekeeping	845-575-3000 ext. 2527
Security	845-471-1822 or ext. 2282
CAAS	845-575-3500

For more information about influenza, please visit marist.edu/healthservices and www.flu.gov

FLU CLINICS

As has been widely noted in the media, the availability of H1N1 vaccine has not been as hoped. MHS received a limited number of doses that were administered during the 10/28/09 Flu Clinic. We have ordered additional H1N1 vaccine through the NYSDOH; we have been advised that it may be delivered this week, but this is not certain. **The 11-5-09 Flu Clinic will offer seasonal influenza vaccine to full-time undergraduate students age 24 and younger, and will also offer H1N1 vaccine if it arrives.**

Please watch for e-mail updates about this issue.

MARIST HEALTH SERVICES "FLU CLINIC" DATES

Seasonal influenza and H1N1 vaccine, presuming expected availability. \$10 per vaccination; cash or check.
For full-time undergraduate students age 24 and under. Under age 18 must have parent consent (at www.marist.edu/healthservices)
First-come, first-served. Must show Marist College ID.

PLEASE REVIEW VACCINE INFORMATION STATEMENTS AT www.marist.edu/healthservices

Thurs	November 5	12n – 4p
Wed	November 11	12n – 4p
Wed	November 18	12n – 4p

Location: Student Center 3rd floor

Is it a cold or the flu?

Symptoms	Common cold	Influenza (flu)
Onset	Gradual	Abrupt
Fever	Uncommon, mild	Sudden onset, 102 – 104 degrees
Headache	Rare	Prominent
General aches & pains	Mild	Prominent
Weakness, exhaustion	Mild	Extreme
Runny, stuffy nose	Common	Uncommon
Sneezing	Common	Uncommon
Sore throat	Common	Uncommon
Cough	Mild	Common, may be severe

This information is for self-assessment, not a substitute for treatment. Call MHS at 845-575-3270 with questions or for appointments.