



Students with an Influenza-Like Illness (ILI)

Housing and Dining Programs staff members are here to support you when you or your roommates have become ill. This information should be helpful in answering questions you may have about what resources are available to you during this time.

What if I went to the Health Center and they have confirmed that I have an Influenza-Like Illness (ILI)?

If you or your roommates are confirmed to have the flu, **you will be contacted by Housing and Dining Programs staff** to discuss preventive behavior and resources available.

Stay at home (local residence if possible or residence hall room) until you are symptom-free for 24 hours.

Notify your parents/guardians and make every effort to seek rest off campus. If leaving campus requires you to take public transportation, you are advised to remain on-campus.

A **one-meal pass is available** in the Student Health Center or the Housing and Dining Programs Office. This will allow you to provide your ID card to a friend to get you meals from TDR, the Tenley Café, the Marketplace, or the Tavern. If you are **unable to find someone to assist** with food items, discuss this with the Housing staff when they contact you. It is very important that you stay healthy while you are recuperating.

Ask a roommate or friend to check up on you and to bring you food and supplies if needed. Stay in touch with friends or family and ask for help if needed. Keeping in touch by phone or email can help with feelings of loneliness when sick.

Avoid contact with others to keep from making others sick. Do not go to work or classes or dine in common facilities while ill.

Professors have been briefed on the increase in the flu and should be prepared to assist with any material that you may have missed. You will be given verification of illness by the Student Health Center and your academic advisors will be notified by the Office of the Dean of Students. You should contact your professors to arrange for make-up work or exams.

Cover coughs and sneezes. Clean your hands with soap and water or an alcohol-based hand rub often and especially after using tissues and after coughing or sneezing into hands

If someone is caring for you, **wear a mask** (which can be provided by the Student Health Center) when they are in the room.

Other Helpful Hints...

Get plenty of rest.

Drink plenty of clear fluids (such as water, broth, and sports drinks) to keep from becoming dehydrated.

Eat healthy foods.

Gargle with warm salt water. Mix together: One teaspoon (5 ml) of salt, one teaspoon (5 ml) of baking soda, and two cups (500 ml) of water.

Use throat lozenges.

Use saline nose drops or sprays.

Wait until your fever is gone to wash clothes and linens (bed sheets and towels). When you are feeling better, wash using household laundry soap and tumble dry on a hot setting. Avoid “hugging” laundry prior to washing it to prevent contaminating yourself. Clean your hands with soap and water or alcohol-based hand rub right after handling dirty laundry.

If you have an emergency, you should:

Contact a healthcare provider or go to the Student Health Center right away if you are having **difficulty breathing or are getting worse.**

If the Student Health Center is closed overnight or on a weekend, **seek emergency medical care from Sibley Hospital** or another hospital. AU Public Safety (x3636) and residence hall staff can assist students with getting transportation vouchers to the hospital.

Contact your health care provider or the Student Health Center for treatment if you are at **higher risk for complications from flu for treatment.** People at higher risk for flu complications include children under the age of 5 years, pregnant women, people of any age who have chronic medical conditions (such as asthma, diabetes, or heart disease), and people age 65 years and older. Check with your health care provider about whether you should take antiviral medications.