YOUR ROOMMATE HAS THE FLU...WHAT TO DO?

TAKE ACTION TO HELP YOUR ROOMMATE:

- See if they need your help. Make sure they have contacted the Student Health Center for assistance.
- Ask if they need you to get them supplies: drinks, medicines and other helpful items.
- Pick up food and fluids for them when you can. With permission and your roommates ID card you may be able to get a recovery meal from Mabee Dining Hall. Contact Health Services for information about how to obtain a recovery meal.

TAKE ACTION TO PROTECT YOURSELF:

Influenza affects the whole body. It is contracted mainly by breathing in the virus from droplets expelled during coughing or sneezing. To protect yourself and prevent the spread of flu, use the following protective measures:

- **Avoid touching your face!!!** Germs spread this way. For example, if someone with the flu coughs in his hand and then opens a door, the door handle is now contaminated. If he uses a keyboard/phone/desk and then you follow behind him and proceed to rub your eye or touch your nose or mouth after touching that contaminated object, you have potentially exposed yourself to the flu virus! The virus can survive up to 2 hours on a surface.

- **WASH YOUR HANDS...**scrub for 20 seconds! Then turn the faucet off with a paper towel and open the door with a paper towel. Use hand sanitizer when a sink is not available.
Distance yourself as much as possible from your sick roommate. If you can sleep in another place until they are well, that would be best.

If you do not have a “clean” room to go to, arrange your bedding so that your heads are farthest away as possible…sleep in opposite directions.

Try to stay ~ 6 feet away. When that is not possible, the sick person should wear a facemask, if tolerated.

Frequently, at least daily, clean all common items: light switches, door knobs, remote controls, keyboards, bathroom faucets & counters with antibacterial wipes.

If you have a chronic medical condition such as asthma or diabetes, call Health Services for an appointment to discuss treatment. If you have a chronic medical condition and your roommate or suitemate comes down with documented flu, you should get preventative treatment (before you are sick!). You are more likely to suffer from complications of the flu than the healthy population.

If you develop flu symptoms, report to Health Services and follow the advice provided by Health Services in the handout “How to Treat Influenza-Like Illness (ILI).” If at any time you feel that over the counter medicines aren’t helping or your symptoms are getting worse, including difficulty breathing, contact Health Services for guidance.

Most importantly, if you are sick **DO NOT GO TO CLASS** until you have been fever-free for 24 hours (and that is WITHOUT taking any type of fever reducing medication!) If you are diagnosed in Health Services with an ILI, you may be provided with a letter advising that you should not go to class since this illness is highly contagious.

For more information, contact Health Services at 210-999-8111.