

## Home Care Guidance for Influenza and Influenza-Like Illness (ILI)

### Expected Course:

Most people with influenza or ILI have fever for the first 3 to 5 days, as well as sore throat, cough, congestion, muscle aches, headache and fatigue. Some people may have mild to moderate vomiting and diarrhea, but this is less common. Typical total length of illness is 5-11 days. People with underlying medical conditions such as asthma, immunodeficiency, diabetes, heart, lung or kidney disease, pregnancy, or age > 65 are at higher risk for complications from the flu and should seek medical consultation.

### Recommended Home Care:

- Stay home and in bed while you have fever.
- Take medications for symptom relief as needed for fever and pain. Follow package instructions for acetaminophen (Tylenol), Ibuprofen (Advil, Motrin), and/or cough medicines. These medicines do not need to be taken regularly if symptoms improve.
- Do not use aspirin for anyone under 19 years of age.
- Drink plenty of fluids (such as water, broth, sports drinks, rehydration solution).
- Take antiviral medications if prescribed by your doctor.

### Infection Control:

- Use an alcohol-based hand sanitizer or wash your hands frequently.
- Practice cough etiquette (cough into your elbow).
- Stay at least 6 feet away from others.
- Stay home, except to get medical care or necessities.
- If you do need to go out, wear a mask if available and tolerable, or cover mouth and nose with a tissue. Always use hand sanitizer or wash hands after removing a mask.
- Do not attend class, work or social events. Inform your instructors of absence due to ILI. You should not need a doctor's verification to have absences excused.
- Avoid public transportation and do not drive yourself while ill. Arrange to have someone else drive you.
- You may return to class, work and social events once your fever has resolved for 24 hours without the use of fever reducing medication.

**Danger Signs:** Emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms that improve but then return with fever and worse cough
- Fever and rash

**For help with making medical decisions, call the Student Health Services 24 hour Nurse Line: (517) 353-5557. If it is an emergency, call 911.**

## Guidance for Roommates and People Caring for Someone with Influenza and Influenza-Like Illness (ILI)

### Keep Yourself Healthy by Careful Infection Control:

- Get a flu shot if you have not already done so.
- Use alcohol-based hand sanitizers or wash your hands frequently.
- Avoid touching your nose, mouth and eyes.
- Avoid close contact with the sick person (stay 6 feet away).
- If you must have close contact, wear a mask if available and tolerable.
- Always use hand sanitizer or wash hands after removing a face mask.

### Placement of the Sick Person:

- If possible, keep the sick person in a separate room with the door closed. If not possible, the sick person should try to stay in bed or one part of the room, 6 feet from others.
- Sick people should wear face masks if available and tolerable, when in common spaces or near others.
- If a separate bathroom for the sick person is not possible, clean the bathroom once daily with household disinfectant, and do not use common towels, cups, toothbrushes, etc.

### Household Cleaning, Laundry and Waste Disposal:

- Dispose of tissues in a trash bin. Wash hands after touching used tissues and similar waste.
- Do not share linens, eating utensils and dishes. Items used by the sick person do not need to be washed separately but should be thoroughly washed after use.
- When handling items avoid close contact, such as “hugging” laundry prior to washing, in order to prevent contaminating yourself. Use hand sanitizer or wash hands after touching items.

### How to Help:

- You can help the sick person by delivering drinks, food and other supplies, and checking in on them to see if they need help.
- In residential halls, staff may be able to help, and meal trays may be available from dining halls.

### For More Information:

- [www.cdc.gov/flu](http://www.cdc.gov/flu)
- The Center for Disease Control and Prevention (CDC) Hotline: 1-800-CDC-INFO is available in English and Spanish, 24 hours a day, 7 days a week
- Student Health Services 24-Hour Nurse Line: (517) 353-5557
- **In an emergency, call 911**