



If you think you are sick with the Influenza or H1N1 flu virus, below are some tips on how to take care of yourself and to keep others healthy.

- **Know the signs and symptoms of flu.** Symptoms of flu include fever or chills *and* cough or sore throat. In addition, symptoms of flu can include runny nose, body aches, headache, tiredness, diarrhea, or vomiting.
- **Stay home or at your place of residence if you are sick** for at least 24 hours after there is no longer a fever (100 degrees Fahrenheit or 38 degrees Celsius) or signs of a fever (have chills, feel very warm, have a flushed appearance, or are sweating). This should be determined without the use of fever-reducing medications (any medicine that contains ibuprofen or acetaminophen). Staying away from others while sick can prevent others from getting sick too. Ask a roommate or friend to check up on you and to bring you food and supplies if needed.
- **Contact your AC or Kim Quigg at the Aquinas College Health and Wellness Center if you need temporary housing arrangements.**
- **Cover your mouth and nose with a tissue when coughing or sneezing.**
- **Wash your hands often with soap and water**, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective if soap and water are not available.
- **Avoid touching your eyes, nose, or mouth.** Germs spread this way.
- **Sick people should stay at home or in their residence**, except to go to the health care provider's office.
- **Stay in a separate room and avoid contact with others.** If someone is caring for you, wear a mask when they are in the room.
- **Drink plenty of clear fluids** (such as water, broth, sports drinks, to keep from becoming dehydrated).
- **Contact your health care provider or the Aquinas College Health and Wellness Center 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.
- **Contact a healthcare provider or go to the Aquinas College Health and Wellness Services right away** if you are having difficulty breathing or are getting worse.

For specific information on how to take care of someone who is sick, visit:
www.cdc.gov/h1n1flu/guidance_homecare.htm

Read more About H1N1: <http://readsh101.com/aboutH1N1.html>

Additional tips for students about preventing the spread of H1N1: <http://readsh101.com/h1n1tips.html>