



University of Hartford  
Student Health Services  
200 Bloomfield Ave.  
West Hartford, CT 06117  
860-768-6601

## ***IF YOU ARE SICK WITH THE FLU ...***

If you are sick with the flu, 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.
- **Sick people should stay at home or in their residence**, except to go to the health care provider's office. If you need to be seen at Student Health Services, call for an appointment at x6601 (860-768-6601).
- **Stay in a separate room and avoid contact with others.** If someone is caring for you, wear a mask, if available and tolerable, when they are in the room.
- **Do not go to the cafeteria for meals.** If you are remaining in your campus residence, contact your Resident Advisor. They will work with Aramark/Food Services to make arrangements for meals to be provided to you in your room.
- **Do not attend classes** until your fever and illness are gone, as outlined above. Email your professors to let them know of your illness. If you are diagnosed at Student Health Services, we will notify Student Affairs of your illness so that your absence from class can be verified.
- **If you are diagnosed with the flu at an off-campus health care facility**, please let us know at Student Health Services by emailing [Norris@hartford.edu](mailto:Norris@hartford.edu). This will enable us to track the cases of flu on campus, and also notify Student Affairs of your illness.
- **Cover your mouth and nose with a tissue when coughing or sneezing.** Dispense of the tissue in an appropriate waste receptacle.

- **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.
- **Drink plenty of clear fluids** (such as water, broth, sports drinks, and electrolyte beverages for infants) to keep from becoming dehydrated.
- **Contact your health care provider or institution's health services 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. If you need to be seen at Student Health Services, call for an appointment at x6601 (860-768-6601).
- **Contact Student Health Services right away** if you are having difficulty breathing or are getting worse, at x6601 (860-768-6601). If you are in an emergency situation, or have problems evenings or weekends, call Public Safety at x7777 (860-768-7777).
- For specific information on how to take care of someone who is sick, visit: [www.cdc.gov/h1n1flu/guidance\\_homecare.htm](http://www.cdc.gov/h1n1flu/guidance_homecare.htm) .

For more information about flu, call 1-800-CDC-INFO or visit [www.flu.gov](http://www.flu.gov).

Check out the University of Hartford Student Health Services website at: <http://uhaweb.hartford.edu/health/>.

- Check out the University of Hartford's H1N1 flu information site at: <http://www.hartford.edu/flu/>.