



# ITHACA COLLEGE

## Hammond Health Center

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### Student Health Information Influenza

Symptoms can vary in intensity from mild to severe and they include:

- Fever
- Cough
- Sore throat
- Body aches
- Headache
- Chills
- Fatigue
- Decreased Appetite

If you have the flu:

- Antibiotics are not prescribed since Influenza is a virus.
- Take care of yourself – stay in and rest.
- Monitor your temperature. You are most contagious when you have a fever.
- Drink plenty of fluids – i.e. clear fluids like broth, herbal tea, sports drinks
- Take in adequate nutrition to support your immune system.
- Use over-the-counter medications to treat symptoms.
- Anti-viral medications (like Tamiflu) are recommended only for those at greater risk for complications.

Please protect others by following these guidelines:

- Keep a safe distance from others – at least 6 feet.
- Wear a face mask if close contact with others is unavoidable or if you need to leave your room.
- Wash your hands with soap and water frequently. Alcohol-based hand sanitizer is also helpful.
- Do not go to class or work until you have been fever-free for 24 hours without the use of fever-reducing medications.
- Restrict visitors.
- Clean surfaces with a household disinfectant.
- Wash linens.
- Wash eating utensils in dishwasher or by hand with hot water and soap.
- Avoid public transportation until you are symptom-free.
- Get your flu shot yearly.