

TIPS FOR TAKING CARE AND WHAT TO DO IF YOU GET THE FLU

- **Take your temperature** at least every 8 hours (3 times a day) and record it. Wait at least 3 minutes after eating or drinking before checking temperature.
 - Temp > 100 degrees Fahrenheit = Fever
 - Temp < 100 degrees Fahrenheit = No fever
- **Drink 8-10 glasses of liquids/day** to prevent dehydration and loosen secretions.
- **For fever, headache/body aches, sore throat:** Use over-the-counter medications
 - **Acetaminophen (Tylenol)** 650mg every 4-6 hours as needed, do not exceed 4000mg in 24 hours.
 - **Ibuprofen (Advil/Motrin)** 400mg every 4-6 hours with food as needed.
- **For sore throat:** Warm water and salt gargle as needed to relieve inflammation and discomfort. Warm beverages to soothe throat. Throat lozenges as needed.
- **For nasal congestion: Phenylephrine (Sudafed)** 10 mg every 4-6 hours as needed. Not to exceed 6 doses in 24 hours. Apply warm compresses over sinuses. Sinus rinse kits to help loosen and remove mucous as needed and clear sinuses. Sleep on an extra pillow at night to promote drainage and relieve sinus pressure.
- **For dry cough: Mucinex DM** as directed; throat lozenges as needed.
- **For cough with phlegm: Mucinex** as directed. Warm beverages or other liquids often to liquefy and loosen secretions.

Avoid remedies that claim to relieve multiple symptoms as these may lead to accidental overdose when combined with other medications. (Tylenol Severe Cold and Flu, Nyquil, etc.)

If you are taking over-the-counter or prescription medications not related to the flu, talk to your health care provider or pharmacist about which cold and flu medications are safe for you.

- **Other helpful tips:**
 - A **humidifier** will keep mucous membranes moist and provide comfort from cough, sore throat and congestion, especially while sleeping. A hot shower before bed will help too.
 - Keep plenty of **tissues and extra fluids** in your room.
 - **Avoid caffeine** as it tends to “dry” your mucous membranes out.
 - **Eat nutritious foods** to give your immune system the strength to fight.
 - **Rest.** Allow your body down time to heal. By not taking care of yourself when sick, your risks are increased for developing secondary infections and prolonged illness.
 - **During the day, contact Health Services** at (401) 341-2904) if you have any questions or concerns or **after hours, contact Safety and Security** at (401) 341-2325.
 - Take-out services for food through Sodexo are available to students with a meal plan while they are ill with the flu and have been seen by Health Services. A flu buddy will need to pick it up.
 - **It is your responsibility to contact your professors and to make up missed assignments and exams.** Contact the Dean of Students Office at (401) 341-2145) if you have any questions about academic accommodations.