

October 26, 2009

From the Student Health Center
Eastern University

FLU PROTOCOL

Anyone with flu or flu symptoms: sudden onset of fever over 100 degrees, headache, body aches, cough, may or may not have nausea and vomiting, should call their primary care physician for advice.

STUDENTS IN THE COLLEGE OF ARTS AND SCIENCES AND ALL RESIDENTS OF THE ST. DAVIDS CAMPUS SHOULD:

1. Call the Health Center as soon as possible; we will determine if the ill student needs to be seen in the HC, through a series of questions.
2. Treat the symptoms with Tylenol or Ibuprofen (as appropriate). Rest, drink plenty of fluids, eat foods as tolerated
3. If at all possible the student should go to the family home and remain at home until at least 24 hours after the fever has subsided without the use of fever reducers. Commuters who are living in a group situation should go home as well if possible.
4. If the student cannot go home, they are to stay in their residence hall room. DO NOT GO TO CLASS. DO NOT GO TO THE DINING COMMONS. Arrange with an RD, RA, Student Chaplain or friend to pick up specially prepared meals for people with the flu, or to get a takeout meal and bring it to the room. Remain as isolated as possible until fever free for at least 24 hours (without taking medication).
5. Roommate(s) likely have already been exposed and could spread to others if they move out of the room and in with others; however care should be taken by the roommate to reduce the likelihood of getting the virus through careful personal hygiene. There may be some benefit to treating the roommate(s) once exposed. Roommates of students with the flu should also contact the Health Center to discuss these options.
6. Everyone should practice good hygiene and follow all the recommendations of the CDC. Links to the CDC website are available on the Eastern home page and the Health Center webpage.
 - a. Use disinfectant sprays or wipes often in your bathroom and other surfaces in your residence.
 - b. Wash hands frequently and keep your hands away from your face.
7. If after a few days if the student does not begin to improve or becomes worse, seek additional medical care immediately.