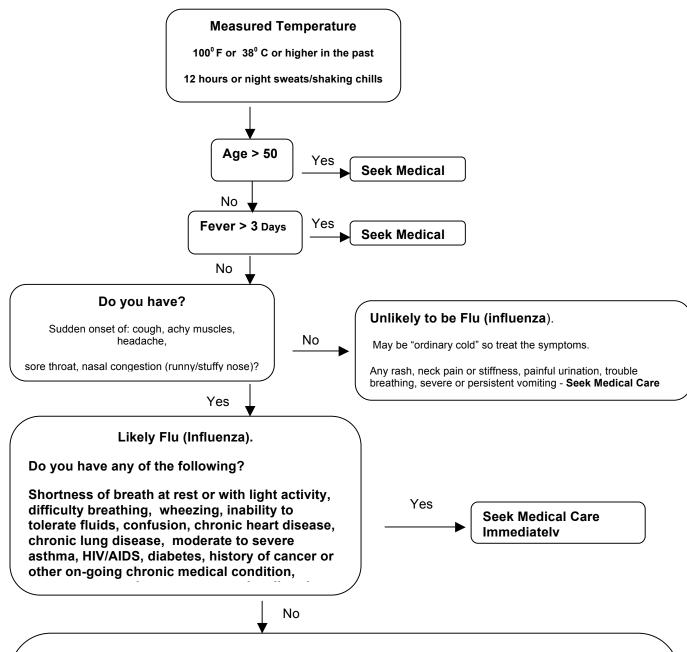
Influenza: What to Do and When to Seek Medical Care

For Informational Purposes Only and Should Not Be Used in Place of Medical/Advice Care



Most Likely Uncomplicated Mild Influenza (flu).

No need for medical evaluation at this point.

If significant concerns exist on the part of the patient, parent, or other person, consider scheduling a visit with a health care professional. Otherwise, advise hydration, rest, acetaminophen or ibuprofen for fever and aches, and follow-up as needed. Advise patient, that if they do not have a thermometer, they should obtain one to document presence or absence of fever. Temp-dot thermometers are available at the Health Center

See Flu Tips (link): AVOID CONTACT WITH OTHERS; Stay in room/home except for medical care or to use bathroom; meals in room; symptomatic treatment with over the counter cold medications; use mask when in public areas (bathroom) May return to classes and activities once temperature has remained below 100° for 24 hours without using fever reducing medication.