

Self Triage for Person with Influenza-like Symptoms

If you have some of these symptoms:

STAY HOME

- * Rest
- * Drink Fluids
- * Take fever reducers (acetaminophen or ibuprofen)

BUT IF YOU

- Are unable to drink enough fluids
- Have fever for more than 3 to 5 days
- Feel better, then develop a fever again

Students

You can call the Student Health Services at 620-1569

Faculty/Staff
Call your health care provider

OR IF YOU

- Become short of breath or you develop wheezing
- Cough up blood
- Have pain in your chest with breathing
- Have heart disease (like angina, or congestive heart failure) and you develop chest pain
- Become unable to walk or sit up, or function normally (others might be the ones to notice this - especially in the elderly)

GO RIGHT AWAY
For Healthcare

**Adapted from OSHA Pandemic Preparedness Guide*

