

What to do if you have the flu

Students experiencing flu-like symptoms, such as fever with cough and/or sore throat, should immediately call University Health Services at (609) 258-3141.

Isolate

- Self-isolate in your room during illness and for at least 24 hours after your fever is gone (fever should be gone without the use of a fever-reducing medicine).
- Stay away from others and eat meals in your room during self-isolation.

Inform

- **Undergraduates:** Notify the director of student life of your Residential College that you are beginning self-isolation and if you require assistance on residential/dining matters. DSLs are available to support ALL undergraduates.
- **Graduate students:** Notify Olivia Martel at (609) 258-6686 or omartel@Princeton.EDU that you are beginning self-isolation and if you require assistance on residential/dining matters.
- Inform any close contacts of your illness.

Seek more help from UHS...

- If you have shaking chills.
- If you have a high or persistent fever.
- If you have a severe headache.
- If you can't hold down your liquids.
- If you just aren't getting better after a period of time.
- If you are wheezing or having other difficulty breathing beyond a typical cough.



University
Health
Services

Don't let flu ruin
your semester.

Environmental Health and Safety



SHAB
Student Health Advisory Board