



## Self-Care Fact Sheet for Influenza A & Influenza-Like Illness

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This fact sheet provides members of the University community who have been diagnosed with an influenza-like illness (ILI) or Influenza A with information to help you take good care of yourself and protect others from getting sick.

### Description:

Symptoms of ILI and Influenza A are similar to seasonal influenza and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have also reported diarrhea and vomiting.

### Treatment and Prevention:

- **Stay at home.** To prevent the spread of illness, self-isolate in your dorm room or home until you are no longer contagious. The guideline is to remain isolated during illness and for at least 24 hours after the ill person's fever is gone, except to get medical care (fever should be gone without the use of a fever-reducing medicine). Individuals who live within driving distance of the university may be asked to return to their homes for the duration of the illness. It is recommended that you do not travel via public transportation with influenza.
- **Inform recent contacts of your illness.** Take a moment to inform anyone with whom you may have had close contact in the past week about your diagnosis. It is important for exposed individuals who develop symptoms to receive early intervention and treatment.
- **If you go out, cover your cough or sneeze.** If you must leave your home or dorm room (e.g., to seek medical care or other necessities), cover your nose and mouth when coughing or sneezing. A surgical loose-fitting mask can be helpful, but a tissue or other covering is also appropriate.
- **If you are caring for an ill person, provide safer care at home.** Roommates, household members, or those caring for an ill person should follow guidance developed for caring for sick persons at home. Please visit the Centers for Disease Control and Prevention website at: [http://www.cdc.gov/h1n1flu/guidance\\_homecare.htm#c](http://www.cdc.gov/h1n1flu/guidance_homecare.htm#c)
- **Take care of yourself.** Get plenty of rest, drink clear fluids (such as water, broth, sports drinks, electrolyte beverages for infants) to keep from being dehydrated. If you require medical care, contact your health care provider or campus health services to report illness by telephone or other remote means.
- **Watch for emergency warning signs.** Get medical care right away if you: have difficulty breathing or chest pain; purple or blue discoloration of the lips; are vomiting and unable to keep liquids down; have signs of dehydration such as dizziness when standing, absence of urination, or in infants, a lack of tears when they cry; have seizures (for example, uncontrolled convulsions); or are less responsive than normal or becomes confused.

### For More Information:

Up-to-date information and guidance about ILI and the H1N1 flu outbreak is available on these websites:

- Centers for Disease Control and Prevention, <http://www.cdc.gov/h1n1flu/>
- New Jersey Department of Health and Senior Services, <http://www.state.nj.us/health/er/h1n1/>
- World Health Organization, <http://www.who.int/csr/disease/swineflu/en/>

For more information about the University's response to this public health issue, please visit the H1N1 influenza web page: <http://web.princeton.edu/sites/emergency/swineflu/>.