

# PREPARING FOR THE FLU

## Frequently asked questions:

Compiled from information  
on the HHS and CDC websites

### 1. What are the symptoms of seasonal flu and the 2009 H1N1 flu?

Symptoms of the flu include fever or chills and cough and sore throat. In addition, symptoms of the flu include runny nose, body aches, headache, tiredness, diarrhea, or vomiting.

### 2. How do I recognize a fever or signs of a fever?

A fever is a temperature that is equal to or greater than 100 degree Fahrenheit or 38 degrees Celsius when taken with a thermometer. Look for these possible signs of fever: if he/she feels very warm, has a flushed appearance, or is sweating or shivering.

### 3. How do I know if someone has 2009 H1N1 flu or seasonal flu?

It will be very hard to tell if someone who is sick has H1N1 flu or seasonal flu. Public Health officials and medical authorities will not be recommending laboratory tests. Anyone who has the symptoms of flu-like illness should stay home and not go to school or work. Symptoms of flu include fever and chills and cough and sore throat. In addition, symptoms of flu can include runny nose, body aches, headaches, tiredness, diarrhea, or vomiting.

### 4. What fever-reducing medications can I take when sick?

Fever reducing medications are medicines that contain acetaminophen (such as Tylenol) or ibuprofen (such as Motrin). These medicines can be given to people who are sick with flu to help bring their fever down and relieve their pain. Aspirin (acetylsalicylic acid) should not be given to anyone younger than 18 years of age who has the flu; this can cause a rare but serious illness called Reye's syndrome.

### 5. What steps can I take to stay healthy and keep from spreading flu?

Here are four important ways to stay healthy and keep from getting sick with flu:

- Practice good hand hygiene. Wash hands often with soap or alcohol based cleaners.
- Cover mouth and nose with a tissue when coughing or sneezing. If you do not have a tissue, cough or sneeze into your elbow or shoulder.
- Stay home if you are sick and for at least 24 hours after you are no longer experiencing symptoms.
- Talk to your health care provider about whether you should be vaccinated.

### 6. Who should receive a flu vaccination?

The 2009 H1N1 flu vaccine should be available in the fall of 2009. Following groups at higher risk for complications from this flu are recommended to get 2009 H1N1 flu vaccine when it becomes available:

- Pregnant women
- People who live with and care for children younger than 6 months of age
- Healthcare and emergency medical services personnel
- People between the ages of six months and 24 years
- People ages 25 to 64 years of age who have chronic health conditions (such as asthma, heart disease,, or diabetes) or a compromised immune system.

### 7. Will Quincy College provide vaccination?

No, we do not have a school nurse. Please be in touch with your health care provider.

### 8. What steps should I take if my roommate is sick with the flu?

- Limit your contact with the sick person and try to maintain a distance of six feet from him/her.
- If close contact cannot be avoided your sick roommate should wear a surgical mask, if tolerable, when he/she is around you and other people.
- You should frequently clean commonly-touched surfaces with alcohol based cleaning papers.

### 9. How long should I stay home, if I have flu?

Under current flu conditions, faculty, students, and staff with flu-like symptoms should stay home for at least 24 hours after they no longer have a fever (100 degree Fahrenheit or 38 degree Celsius) or signs of a fever (have chills, feel very warm, have a flushed appearance, or are sweating). This should be determined without the use of fever reducing medicines. The sick person may decide to stop taking fever-reducing medicines as he/she begins to feel better. This person should continue to monitor his/her temperature until it is normal for 24 hours.

Sick people should stay home, except to go to their health care provider and they should avoid contact with others.

### 10. What else I can do?

Drink plenty of clear fluids such as water, broth, sports drinks, and electrolyte beverages to keep from becoming dehydrated.