“Oh no—I think I have the flu! Now what?!”

5 tips for taking care of yourself when you have influenza, a contagious respiratory illness caused by flu viruses

For healthy people, flu usually resolves on its own and requires only supportive care.

1. **Take care of your fever**
   - Use a thermometer to take your temperature.
   - For a fever 100.4 F (38 Celsius) or greater, you can take acetaminophen (Tylenol) 1000mg every 8 hrs OR ibuprofen (Advil) 600mg every 8 hrs.
   - You may alternate Tylenol/Advil every 4 hours for better fever control.
   - Take fever-reducing medications with food to prevent an upset stomach.

2. **Prevent dehydration**: Drink plenty of clear liquids (water, ginger ale, Gatorade and other sports drinks, etc.)

3. **Take care of yourself**: Get plenty of rest!

4. **Prevent the spread of flu**
   - Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
   - Cough or sneeze into your elbow, or use a tissue.
   - Avoid touching your eyes, nose, or mouth. Germs spread this way.
   - Try to avoid close contact with others.
   - Stay home until you feel better to keep from infecting others and spreading the virus further.

5. **Please tell us if you get worse**
   - Call Student Health at 215.746.3535 if you:
     - have trouble breathing
     - develop chest pain
     - suffer a relapse (begin to feel much worse after having felt better)
     - develop a severe headache and a noticeable rash with or without neck pain/stiffness
     - have onset of confusion or lethargy
     - develop sudden dizziness related to position change or being too weak to walk
     - have severe or persistent vomiting