
Treatment of FLU

You will probably be sick for several days with fever and respiratory symptoms, average illness time is one week.

STAY HOME from school or work.

HOW LONG? Limit close contact with others (as much as possible) until you are free of fever for 24 hours without the use of fever reducing medicines.

TAKE Tylenol or ibuprofen (not aspirin) for headache and muscle aches and a decongestion.

DRINK plenty of clear liquids, and avoid using alcohol and tobacco.

COVER YOUR MOUTH AND NOSE when you cough or sneeze. Put all used tissues in the trash.

CALL Student Health Services, or your healthcare provider, if you are in a high risk group for complications from the FLU.

MONITOR YOUR TEMPERATURE with a thermometer. If your fever goes away, but then returns, call Student Health Services, or your healthcare provider for medical advice.

CALL Student Health Services, or your healthcare provider, if you have severe respiratory symptoms, such as trouble breathing or chest pain.

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