

Instructions for Students, Faculty, and Staff Presenting Flu-Like Illness

Students

- Students with flu-like illness need to seek medical treatment.
- Those with flu-like illness need to stay away from classes and campus for 5 days. These students should do so in a way that limits contact with others as much as possible. For example, travel by private car or taxi would be preferable over use of public transportation.
 - Students are expected to go home or to some location off campus to recuperate. In the event this is not possible student should inform the health center immediately.
 - Students need to refrain from making contact with other persons except in the event of seeking medical treatment.
- If close contact with others cannot be avoided, the ill student will be asked to wear a surgical mask during the period of contact. Close contact includes being within 6ft of any another person.
- Students with flu-like illness should promptly seek medical attention if they have a medical condition that puts them at increased risk of severe illness from flu, are concerned about their illness, or develop severe symptoms such as increased fever, shortness of breath, chest pain or pressure, or rapid breathing.

Faculty and Staff

These instructions are consistent with the CDC recommendations for faculty and staff at institutions of higher education. As the CDC's recommendations change so will UNCOSA's.

- Under no circumstances shall a faculty or staff member show up to work with flu-like symptoms.
- Faculty and staff with flu-like illness should self-isolate at home or at a friend's or family member's home until at least 24 hours after they are free of fever, or signs of a fever, without the use of fever-reducing medicines.
- Contact a healthcare provider right away if you are having difficulty breathing or getting worse.
- Drink plenty of clear fluids (such as water, broth, sports drinks, and electrolyte beverages for infants) to keep from becoming dehydrated.
- Visit <http://www.cdc.gov/h1n1flu/guidance/exclusion.htm> for more information on staying home while sick.