Live Well to Learn Well

Take Care of Yourself

• Stay home and rest up! Sleep is the best thing you can do heal and recover.
• Consult by phone with a medical provider if you have questions, concerns, an underlying health condition, or if symptoms worsen (next page).
• Monitor your temperature. (Be aware that you are most contagious when you have a fever.)
• Drink plenty of clear liquids (water, broth, herbal tea, gatorade, etc.) to avoid dehydration.
• Take in adequate nutrition to support your immune system (soups, juices, applesauce, and other bland foods may be most comfortable).

Use over-the-counter medications to treat symptoms: acetaminophen (Tylenol) for aches and pains (NOT aspirin); lozenges for sore throat; decongestants for runny nose.

• Continue to take your usual prescription medications (birth control, antidepressants, etc.).

• Understand that antiviral medications (like Tamiflu) are recommended only for those at greater risk of complications or those seriously ill. (Antibiotics are not effective against viral illnesses like influenza.)

• Do not rush your recovery. Going back to work or class before you are well puts you at risk of a setback or making your illness worse.

Limit the Spread to Others

• Please protect others by following self-isolation guidelines.

• Keep a safe distance (at least 6 feet) from others.

• Wear a disposable face mask if close contact with others is unavoidable or if you must leave your room for medical care or other necessities.

• Be attentive to careful hygiene. Cover coughs and sneezes. Dispose of used tissues in the trash. Wash your hands often with soap and water or an alcohol-based hand sanitizer. Follow community hygiene recommendations (next page).

• Do not care for infants or other high-risk individuals if you are ill.

• Do not use public transportation. Delay travel until you are fever-free.

• Do not return to class or work until you have been fever-free for at least 24 hours. (Fever should be absent without the use of fever-reducing medicines.)

• A cough may linger, but is not considered reason to stay out of circulation.

• You can transmit virus for several days after symptoms are gone, so continue to use good hygiene and avoid close contact.

IF YOU LIVE WITH SOMEONE WHO HAS THE FLU

Because of the way flu is transmitted, most people have no more risk from a roommate than they do from a classmate, teammate, friend, or even stranger... if they are careful.

Seasonal and novel HINI flu viruses are spread through infected droplets from breathing passages (they are not “air-borne”). Droplets are expelled by talking, spitting, coughing, and sneezing. They spread from the infected person, either directly to other people or indirectly through hands and other surfaces.

If you are able to stay with a friend for a few days, please do. Campus Life has a limited number of rooms available for well students to stay temporarily. By following the recommendations described here,
many people will be able to work with a roommate so they can safely share the space, even during an illness.

**Take Care of Yourself**

- **If you have a chronic health condition or are pregnant,** you may be at greater risk for flu complications. (See box.)
- Keep your distance from the sick person. If close contact (within 6 feet) is unavoidable, ask him/her to wear a face mask.
- Clean your hands thoroughly and often, using soap and water or an alcohol-based hand rub. (If you’re living with children, they may need reminders or help keeping their hands clean.)
- Monitor your own health. Consult by phone with a medical provider if you have any underlying conditions that might increase your risk. (See box at right.)

**Help Limit the Spread to Others**

- Restrict visitors, especially those who are at greater risk for complications from influenza.

**COMMUNITY HYGIENE**

- Clean surfaces with a household disinfectant (especially bedside tables and surfaces in the bathroom and kitchen).
- Wash linens (such as bed sheets and towels) with regular household laundry soap; tumble dry on a hot setting. Clean your hands right after handling dirty laundry of an ill individual.
- Do not share cups, bottles, or eating utensils. Wash items in a dishwasher or by hand with hot water and soap. Rinse with hot water and dry thoroughly with a clean dry cloth.
- Use separate towels for drying hands after hand-washing.
- When possible, maintain good ventilation in shared household areas.

**IMPORTANT HEALTH SUPPLIES**

Cornell encourages every member of the campus community to have a flu kit to facilitate self-care.

**Contents should include**

- a digital thermometer
- acetaminophen or ibuprofen (not aspirin)
- decongestant
- cough drops and/or cough syrup
- tissues
- alcohol-based hand sanitizer
- disinfectant wipes

Pre-assembled kits can be purchased from the Gannett Pharmacy.

**Additional items to have on hand**

- disinfectant wipes
- copies of health insurance/pharmacy insurance cards
- contact information for health care providers
- basic first aid supplies
- electrolyte drinks (Powerade, Pedialyte)
- soups, crackers, other comfort foods

**GET VACCINATED**

Gannett provides free flu vaccine (shots and mist) for registered Cornell students, staff, and faculty, according to priorities set by the CDC, and the availability of supply. Watch the Gannett web site for updates, schedule information, and details: [www.gannett.cornell.edu](http://www.gannett.cornell.edu)

**ACCESS HEALTH CARE AND SUPPORT**

Most people with the flu recover completely without any medical intervention in 4 to 7 days. Many will find the help they need on the Gannett web site, which has extensive information about typical symptoms, caring for the flu, self-isolation, and protecting others. However, phone consultation with a health care provider is often useful.

**Call Ahead**

Generally, it is best to start with a phone consultation to determine whether you need an office appointment.

Make the most of your health consultation. It will be helpful to record your temperature and make a list of symptoms and concerns before you call.

**STUDENTS:** Call Gannett Health Services at 255-5155. During office hours, press 2 to speak with a nurse. After hours, press 9 to speak with an on-call provider.

**OTHERS:** Contact your personal or family health care provider.

**Call Back**

If you receive a phone call from Gannett, please answer. Or, if you’re temporarily busy, be sure to respond promptly with a phone call or secure message, delivered via “My Gannett” (go to www.gannett.cornell.edu, and click the “My Gannett” link at the top of the right-hand column). We want to know how you are doing.

**CONSULT BY PHONE WITH A MEDICAL PROVIDER IF:**

- You have concerns about your illness or ability to care for yourself
- You are ill (or have had a recent close contact with an ill person) and have underlying health conditions that could put you at higher risk of complications from the flu. These include:
  - asthma
  - diabetes
  - immune suppression
  - heart, lung, kidney, or liver disease
  - current pregnancy
- Your symptoms worsen or complications develop, including:
  - Difficulty breathing or shortness of breath
  - Pain or pressure in chest or abdomen
  - Sudden dizziness
  - Confusion or change in level of consciousness
  - Severe or persistent vomiting
  - Severe sore throat, accompanied by swollen glands in your neck
  - Flu-like symptoms improve but then return with fever and worse cough
  - Unidentified rash
  - Fever of over 101°F lasting for more than three days

**LATEST INFORMATION**

- Information on this topic continues to change. If you are receiving this fact sheet in print, check the Gannett website to be sure you are reading the latest version: [www.gannett.cornell.edu](http://www.gannett.cornell.edu)
- Check the Cornell Flu Page: [www.cornell.edu/flu](http://www.cornell.edu/flu)
- Call the Cornell Flu Line: 255-0101
- E-mail flu-info@cornell.edu

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### Semester Hours:

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Phone: 607 255-5155

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