



## Caring for flu-like illness at NU



- Do you have flu-like symptoms?  
Fever (greater than 100° F) YES NO  
And  
Cough or sore throat YES NO

**YES to both fever AND cough or sore throat means you have flu-like illness.**

- If you decide you have flu-like illness it is recommended that you self-isolate **until 24 hours after your fever is gone** without any fever reducing medication. Symptoms will often last 3-5 days but will vary by individual.
- Drink plenty of fluids.
- Take Tylenol or Ibuprofen (not aspirin) for your fever.
- Monitor your temperature.
- Take in adequate nutrition.

**DO NOT return to class or work until fever-free for at least 24 hours**

### Most cases of flu-like illness in healthy students do not need to be seen by a medical clinician

If you become ill and experience any of these high-risk symptoms, seek medical care immediately:

- Shortness of breath ■ Neck stiffness ■ Rash
  - Chest pain ■ Fever & shaking chills ■ Irritability
  - Sudden dizziness ■ Unable to keep fluids down
  - Severe or persistent vomiting ■ Confusion
- ★ Or if, flu-like symptoms improve, but then return with fever and worse cough.

### Meals & other support services

Students with flu-like illness who have a meal plan and need assistance getting meals can request a temporary authorization card that will allow a friend to pick up meals. Please refer to the We Care website for more information on how to request a card. If you experience any difficulties managing meals, errands, etc while self isolating, please contact We Care at 617-373-4384 or email [we\\_care@neu.edu](mailto:we_care@neu.edu).



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### Academic /Co-op

- Contact your professors and/or employer to notify them of your absence.
- When you return to class provide professors with a self-written letter stating the days you were ill and out of class.

**Students will not be penalized for short-term absence from class due to influenza.**

University Health and Counseling Service  
617-373-2772

We Care: 617-373-4384

Public Safety: 617-373-2121

Housing & Res Life: 617-373-2814

### Living Arrangements

- Tell close contacts and roommates you have flu-like symptoms.
- If possible, students with flu-like illness should leave campus to recuperate at a family or friend's home nearby. \*It is recommended that you do not take public transportation but travel by car to decrease the spread of the virus.
- If you are isolating in your room/apartment, be aware of the resources available on the UHCS website to care for yourself.

on-campus emergency

617-373-3333

### If you live with someone who has flu-like illness:

- Decide whether you choose to stay in your room/apartment or find temporary living arrangements to minimize your risk of illness.
- If needed, contact your RD for assistance with living arrangements or an air mattress.
- On- or off-campus:
- Clean high touch surface areas, including doorknobs and appliances with soap & water or multi-purpose cleaner.
- Monitor yourself for flu-like symptoms.
- Wash your hands frequently with soap and water.

**\*\*Read more about flu-like illness @ [www.northeastern.edu/uhrs](http://www.northeastern.edu/uhrs)\*\***