Common Symptoms

- Fever of 100.5 or higher
- Body Aches & Pains
- Unusual Fatigue
- Chills
- Cough & Sore Throat
- Headache
- Nausea & Vomiting and/or diarrhea

When to seek emergency medical care

- Shortness of Breath
- Chest Pain
- Sudden Dizziness
- Confusion / Sluggish Responsiveness
- Severe or persistent vomiting / difficulty drinking fluids
- Fever of 104 or higher that has not come down within 6 hrs with ibuprofen and/or acetaminophen
- Extreme Headache or Headache & Neck pain with fever or shaking chills
- Unusual dark spots, any size, like bruises on the skin
- Any other unusual rash
- Flu-like symptoms that improve but then return with fever, cough, shortness of breath or rapid return of prior flu-like illness.

Additional Resources

- http://www.cdc.gov/h1n1flu
- http://www.dshs.state.tx.us/swineflu
- http://www.utsa.edu/health

UTSA
Student Health Services

Facts about Influenza

- [ Graphic of a masked face with a scrunchie on it ]

Additional Resources

- [ Links to various websites related to influenza ]

Legend

- [ UTSA Student Health Services logo ]

Contact Information

THE UNIVERSITY OF TEXAS AT SAN ANTONIO
STUDENT HEALTH SERVICES

1604 Campus  RWC 1.500
Phone: 210-458-4142
Fax: 210-458-4151

DT Campus  BV 1.308
Phone: 210-458-2930
Fax: 210-458-2935

08/2009
<table>
<thead>
<tr>
<th>High Risk Groups</th>
<th>How to Avoid Getting Sick</th>
<th>What to do if Sick</th>
</tr>
</thead>
<tbody>
<tr>
<td>Children younger than 5 years old</td>
<td>Wash hands frequently with soap and water or use alcohol based hand cleaner when soap &amp; water are not available.</td>
<td>Stay home until you are fever free for 24hrs and no longer using fever-reducing medications.</td>
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<tr>
<td>Persons aged 65 years or older</td>
<td>Cover your mouth and nose with a tissue when coughing or sneezing and discard tissue after use.</td>
<td>Check with your provider regarding anti-viral medications.</td>
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<tr>
<td>Children and adolescents (younger than 18) who are receiving long-term aspirin therapy &amp; are at risk for Reye Syndrome</td>
<td>Avoid touching your eyes, nose and mouth.</td>
<td>Drink plenty of fluids (water, broth, sports drinks).</td>
</tr>
<tr>
<td>Pregnant Women</td>
<td>Avoid close contact (i.e. being within about 6 feet) of persons who have flu or flu like illness.</td>
<td>Get plenty of rest.</td>
</tr>
<tr>
<td>Adults &amp; Children with chronic medical conditions such as asthma, diabetes, heart, lung or kidney problems</td>
<td>If exposed to flu—monitor for fever and other symptoms.</td>
<td>Avoid touching eyes, nose, and mouth. Germs spread this way.</td>
</tr>
<tr>
<td>Adults &amp; Children who are immunosuppressed due to underlying illness and/or medications.</td>
<td></td>
<td>Contact your professors by email and keep in contact with them.</td>
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<tr>
<td>Residents of nursing homes and other chronic-care facilities.</td>
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<tr>
<td>Adults caring for young children or at-risk individuals.</td>
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<td></td>
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<tr>
<td>Healthcare workers</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>