

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.sanantonio.gov/HEALTH/SwineFlu.html>

<http://www.utsa.edu/health>



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UTSA Student Health Services

Facts about Influenza



Common Symptoms

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

High Risk Groups

- Children younger than 5 years old
- Persons aged 65 years or older
- Children and adolescents (younger than 18) who are receiving long-term aspirin therapy & are at risk for Reye Syndrome
- Pregnant Women
- Adults & Children with chronic medical conditions such as asthma, diabetes, heart, lung or kidney problems
- Adults & Children who are immunosuppressed due to underlying illness and/or medications.
- Residents of nursing homes and other chronic-care facilities.
- Adults caring for young children or at-risk individuals.
- Healthcare workers

How to Avoid Getting Sick

- Wash hands frequently with soap and water or use alcohol based hand cleaner when soap & water are not available.
- Cover your mouth and nose with a tissue when coughing or sneezing and discard tissue after use.
- Avoid touching your eyes, nose and mouth.
- Avoid close contact (i.e. being within about 6 feet) of persons who have flu or flu like illness.
- If exposed to flu—monitor for fever and other symptoms.

What to do if Sick

- Stay home until you are fever free for 24hrs and no longer using fever-reducing medications.
- Check with your provider regarding anti-viral medications.
- Drink plenty of fluids (water, broth, sports drinks).
- Get plenty of rest.
- Linens, household utensils & dishes should not be shared and should be washed thoroughly.
- Throw tissues & other disposable items used by the sick person in the trash.
- Have all household contacts wash hands often.
- Avoid touching eyes, nose, and mouth. Germs spread this way.
- Contact your professors by e-mail and keep in contact with them.