

Do I Have The Flu?

1. Do you have a fever of 100.4 degrees F (38 C) or higher?
or have you had night sweats and/or shaking chills?
Yes, continue to #2
If no to BOTH questions, go to #7.
2. Do you have symptoms of runny nose/nasal congestion, cough or a sore throat?
If yes continue to #3
If no to all of these symptoms, go to #7.
3. Did the illness start abruptly (e.g. going from feeling well to quite ill in a few hours)?
If yes continue to #4
If no go to #7.
4. Do you have on-going chronic medical problems?
(e.g. diabetes, asthma, immunosuppression, kidney disease, pregnancy)
If yes go to #6
If no continue on to #5.
5. Do you have a rash, neck pain, painful urination, trouble breathing, or abdominal pain,
severe or persistent vomiting? If yes go to #6.
If no continue to question #8.
6. **You should be evaluated by a provider.** Please call the Student Health Center x 18222 to
schedule an appointment.
7. **The illness may be influenza or another respiratory virus.** Rest, drink plenty of fluids, take
Acetaminophen (Tylenol) or Ibuprofen (Motrin) for fever and aches. If you do not have a
thermometer, you should obtain one to document the presence or absences of a fever. Call SHS
if you a fever of greater than or equal to **100.4** degrees F and respiratory symptoms.
8. **There is a high likelihood that you have influenza,** but you may be past the time frame for
anti-viral medication to be effective or you don't have strict medical indications for antiviral
medication. You should continue to monitor yourself. If you develop a rash, neck pain, painful
urination, have trouble breathing, have a persistent fever, vomiting, or diarrhea call SHS x18222
to schedule an appointment.