

## Flu Information: Quick Reference FGCU Student Health Services

### How Flu Spreads:



The main way Flu viruses spread is from person to person in respiratory droplets of coughs and sneezes. The droplets from the infected person travel through the air and deposit on the mouth or nose of people nearby. The flu virus may also spread when a person touches respiratory droplets deposited on another person or object and then the person touches their own mouth, nose or eyes.

### Stopping the Spread:



To protect family members that are not sick:

- keep the sick person away from others, preferably in a room separate from common areas of the house; wear a face-mask - if available & tolerable -when sharing common spaces in the household
- remind sick person to cover coughs and clean their hands often using soap & water or alcohol-based hand rub
- have all family members clean their hands often
- keep towels and wash cloths used by ill person separate from those used by other family members and clean bathroom surfaces with household disinfectant at least daily
- have only one person provide care to the sick person, if possible
- check with your health care provider to see if some persons in your home should take antiviral medications to prevent the flu
- have caregiver avoid being face-to-face with the sick person



### Monitor Household Members for Flu Symptoms:

Use the following check list to decide if you or someone in your household may have the flu:

- |                              |                             |  |
|------------------------------|-----------------------------|--|
| <input type="checkbox"/> Yes | <input type="checkbox"/> No | Do you or the person have a cough?                                   |
| <input type="checkbox"/> Yes | <input type="checkbox"/> No | Do you or the person have a sore throat?                             |
| <input type="checkbox"/> Yes | <input type="checkbox"/> No | Do you or the person have a headache, body aches, fatigue or chills? |
| <input type="checkbox"/> Yes | <input type="checkbox"/> No | Do you or the person have vomiting or diarrhea?                      |
| <input type="checkbox"/> Yes | <input type="checkbox"/> No | <b>Do you or the person have a fever of 100 degrees or higher?</b>   |

#### **DO THE SYMPTOMS INDICATE FLU-LIKE ILLNESS?**

If you checked **yes** to fever of 100 degrees or higher **AND** cough or sore throat you have an influenza-like illness. To avoid spreading the illness to other persons with these symptoms the child or adult, **according to the Centers for Disease Control and Prevention's newest guidelines released Aug. 7, recommend that people with H1N1 or influenza-like illness remain at home until at least 24 hours after they are free of fever (100° F [37.8°C]), or signs of a fever without the use of fever-reducing medications.**

### When to Consult a Doctor: warning signs that need medical attention

#### **CHILDREN** Warning Signs:

- Fast breathing or trouble breathing
- Bluish or gray skin
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough

#### **ADULTS** Warning Signs:

- Fast breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough