

WHAT TO DO IF YOU'RE TOLD YOU PROBABLY HAVE THE FLU

If you are a student at Simmons and have been diagnosed with an influenza- like illness (ILI) the following is recommended to help you manage your illness:

- If you live on the residence campus and can go home without using public transportation, go home as soon as possible. You'll be more comfortable at home, and sending ill students home will minimize the spread of illness on campus.
- If you can't go home, we recommend "self-isolation" in your room and we will ask your roommate, if you have one, to find other accommodations. The Residence Life office can assist your roommate if she can't go home herself or find accommodations with friends.
- If you are self-isolating, even while waiting for a ride home, we ask that you don't leave your room except to use the bathroom or pick up a few masks. Masks are available in each residence hall. RAs and Resident Life professional staff have signs on their doors that indicate where masks and thermometers are located in each residence hall. It's OK to use the bathroom if you wear a mask. Be sure the mask covers both your mouth and nose. You should use a new mask if your mask gets wet from repeated use and you should wash your hands immediately after you dispose of your mask.
- If you don't have a thermometer of your own, take some thermometers when you pick up your masks so that you can keep track of your temperature to report it when called by the Health Center staff. If thermometers or masks are temporarily out in your residence hall location you can pick one up from any other residence hall lobby. Someone from the Health Center will call and check every day to see how you are doing, whether you are at home or in school.
- Try to drink fluids to avoid dehydration. Take over the counter medications suggested by your health care provider to control fever and any aches. **In the unlikely event that you develop shortness of breath, if you are on campus call the Health Center at 617-521-1020. After hours contact the Public Safety Emergency line at x1111. If you're home, call 911.** Also, let the Health Center know as soon as possible if you feel that your illness is worsening. If the Health Center is closed you can reach the Health Center provider on call through the Simmons Public Safety non-emergency line at 617-521-1112.
- If you're hungry or want drinks ask your roommate or a friend to pick up a meal at Bartol for you. Your friend will need to tell the Bartol cashier she/he is picking up a meal for a sick student and should have your ID to be swiped at the register. Bartol will have some boxed meals available, and will also have take-out containers which can be used. If you don't have someone to pick up meals for you, contact the Residence Life office for assistance at x 1096 during the weekdays or through Public Safety x 1112 during nights and weekends.
- Notify your professors by e-mail that you have been diagnosed with ILI and will be out of classes for a few days. The faculty has been notified of this procedure. If you need assistance with notification contact the Office of Student Life at x 2124.
- You need to stay away from classes and activities until you are fever free for 24 hours without the assistance of medications or for four days from the beginning of symptoms, whichever is longer. If you have a clinical placement you will be unable to return to your placement for seven days. The Health Center staff will let you know when it's OK to return to your regular activities. *We hope that you will get well soon.*

