



**Flu  
Information and Management**



COLLEGE OF THE  
**Holy Cross**

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**Health Services**

## HOW TO MANAGE FLU ON CAMPUS

*BREATHE, We can help you!*

### Have a conversation with roommates

- ▶ Flu virus is spread when people cough, sneeze, or talk by respiratory droplets and by surfaces that have flu virus on them, and then by touching your own mouth, nose, and eyes.
- ▶ Flu virus can infect other individuals one day prior to symptoms developing and up to 5-7 days after becoming sick.

### Make a plan to isolate while you are sick

- ▶ Can you isolate off campus or will you stay at your current location
- ▶ You can resume your normal schedule once you are fever-free for 24 hours off any fever reducing medicine.

### FAQ? On Campus Isolation

#### Food

- ▶ Dining will be able to provide you with a “meal-to-go” if you are isolating on campus
- ▶ You will need to wear a mask when picking up your food
- ▶ Bring your ID card.
- ▶ You (or a friend can pick it up for you) will let the greeter know you are picking up a meal to go and they will provide you with take out containers.

#### Academics

- ▶ Academic policies have been updated to support your isolation time
- ▶ Email your Professors and Dean and let them know you are sick with the Flu
- ▶ Discuss academic concerns and absentee issues with your Dean

#### Transportation

- ▶ Go to the Transportation website for shuttle information or use the HC Go app to access local pharmacies: Walmart on Tobias Boland Way or CVS in Target at Blackstone Shoppes.
- ▶ Wear a mask on public transportation and while in public when sick.

## HOW TO TAKE CARE OF YOURSELF WHILE YOU ARE SICK WITH THE FLU

**Treat symptoms** — Treating the symptoms of influenza can help you to feel better but will not make the flu go away faster.

- ▶ **Rest** until the flu is fully resolved, especially if the illness has been severe.
- ▶ **Fluids** – Drink enough fluids so that you do not become dehydrated. One way to judge if you are drinking enough is to look at the color of your urine. Normally, urine should be light yellow to nearly colorless. If you are drinking enough, you should pass urine every three to five hours.
- ▶ **Acetaminophen** (Tylenol) or nonsteroidal anti-inflammatory ibuprofen (Advil/Motrin) are drugs that may be used for relief of fever, headache, and muscle aches.
- ▶ **Aspirin** and medicines that include aspirin (eg, bismuth subsalicylate [sample brand name: Pepto-Bismol]) are not recommended for children under 18 because aspirin can lead to a serious disease called Reye syndrome.
- ▶ **Cough medicines** that contain dextromethorphan can help relieve cough.
- ▶ **Decongestants and Flonase** (nasal steroid spray), and nasal rinses can help relieve congestion
- ▶ **Antihistamines** can help relieve runny nose
- ▶ **Guaifenesin** can help loosen phlegm
- ▶ **Salt gargles** can help relieve sore throat

**Most people with the flu will recover after 3-4 days or within one week.**

## WHEN TO SEEK EMERGENCY MEDICAL ATTENTION?

- ▶ you feel short of breath or having trouble breathing
- ▶ you have persisting pain or pressure in your chest or abdomen
- ▶ you have dizziness, confusion, weakness, or are lethargic
- ▶ you experience a seizure
- ▶ you can not stop vomiting or you are not urinating
- ▶ you have severe muscle pain
- ▶ fever and cough that improve then return or worsen
- ▶ worsening of any chronic medical conditions

After Hours MD on call is available when Health Services is closed at 508-334-8830 if you are having worsening symptoms.

Call Public Safety for emergency assistance at 508-793-2222 if you are on campus

Call 911 for emergency assistance if you are off campus

## IS TAMIFLU (OSELTAMIVIR) RIGHT FOR ME?

- ▶ Discuss your personal health information with a Healthcare Provider to see if you are eligible for this treatment.
- ▶ Tamiflu is an antiviral medication that can help you fight against the flu virus in your body.
- ▶ Tamiflu dose is one 75 mg dose twice a day for 5 days.

Pros	Cons
<ul style="list-style-type: none"><li>▶ People with high risk conditions: Asthma, Cystic Fibrosis, Heart/Kidney/Liver disease, Diabetes, weakened immune disease, Obesity (BMI over 40) will benefit in taking Tamiflu to reduce duration of illness and respiratory complications and hospitalizations.</li><li>▶ Treatment started within 48 hrs of symptoms with mild uncomplicated illness may have reduction of illness for 24 hrs.</li></ul>	<ul style="list-style-type: none"><li>▶ Mild uncomplicated illness and after 48 hrs of onset of symptoms, no benefit is expected.</li><li>▶ Most common are nausea and vomiting and discontinuation of treatment is required.</li><li>▶ Rare neurological confusion and serious skin rash conditions may occur.</li></ul>

## FLU PREVENTION

- ▶ Get vaccinated to prevent the flu prior to flu season, typically in the Fall.
- ▶ To help prevent the transmission of the flu you can practice these healthy behaviors!
- ▶ Wash Hands 20 seconds with soap and water often, especially after blowing your nose, eating food, coughing or sneezing, or touching your face and using the bathroom.
- ▶ Avoid touching your eyes, nose, face
- ▶ Cover your cough or sneeze with tissue or your elbow
- ▶ Avoid being around others if you are sick.
- ▶ Avoid public places if you still have a fever, do not go to class while you are sick
- ▶ Use a mask if you need to go out in public place for food pick up or use of bathroom
- ▶ Do not share personal items: utensils, cups, towels, toothbrushes, equipment
- ▶ Clean surfaces regularly: your room and areas you touch often to eliminate spread from surfaces

## RESOURCES

### ▶ **Health Services**

*Call or book online in patient portal  
for MD or NP appointments*

508-793-2276

healthservices@holycross.edu

holycross.edu/health-services

Loyola

After Hours MD on call urgent: 508-334-8830

### ▶ **Counseling Center**

508-793-3363

holycross.edu/health-wellness-and-access/  
counseling-center

Hogan 207

Urgent Care same-day services:

M-F at 10 am & 3 pm

Holy Cross 24 - hour Crisis Center number:

855-418-7282

National Suicide Help Line: 800-273-8225

National Suicide Prevention Lifeline: 988

### ▶ **Chaplain's Office**

508-793-2448

"Check-In" with a chaplain Mon - Fri 1-2 pm.

hc\_chaplains@holycross.edu

holycross.edu/faith-service/office-college-  
chaplains

Campion House

Instagram: @hc\_chaplains

### ▶ **Public Safety**

Lower Level of the Jo Rec Center:

Gate 7 entrance

Routine: 508-793-2224

On Campus Emergency: 508-793-2222

Off campus medical, police, fire or life  
threatening Emergency call: 911

National Suicide Prevention / Mental Health  
Crisis call: 988



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