



Symptom Check List for Colleges & Universities

The symptoms of influenza (flu) include fever, cough, sore throat, and sometimes body aches, headache, chills and feeling tired. Some people also have diarrhea and vomiting. The most important thing that you can do to keep flu from spreading in your campus community is to stay home. Use the following check list to help decide if you may have the flu:

- Yes** **No** Do you have a cough?
- Yes** **No** Do you have a sore throat?
- Yes** **No** Do you have a headache, body aches or chills?
- Yes** **No** Do you have vomiting or diarrhea?
- Yes** **No** Do you have a fever of 100 °F or more?

SHOULD I STAY HOME FROM WORK/SCHOOL?

If you checked yes to

- fever of 100 °F or more
and
- cough or sore throat

you have an influenza-like illness. **Stay home for 4 days after symptoms start or until you are completely well for a full day, whichever is longer.**

If you checked “yes” to only one of the questions above, or if you are ill with other symptoms, stay at home at least one day to observe for other symptoms. If other symptoms develop, use the check list questions again to decide whether to continue to stay home. Return to school (classes and activities) or work after you have been completely well for 24 hours.

When should I go to the doctor?

Call your doctor or visit student health services if you have:

- if you have any questions or concerns about your symptoms.
- a chronic disease such as asthma and develop any of the symptoms listed in the checklist.
- if you have trouble breathing,
- pain or pressure in the chest or belly,
- sudden dizziness,
- confusion,
- severe or persistent vomiting,
- fever that returns a few days after going away.

For more information about caring for people with flu-like illness at home, please see the **Caring for Someone with H1N1 Flu** and MDPH’s **Flu Care at Home** fact sheets at www.bphc.org.

**For more information, please contact
Boston Public Health Commission
Communicable Disease Control Division
(617) 534-5611 or www.bphc.org**