

SELF CARE INSTRUCTIONS FOR FLU PATIENTS

- 1) In your self care bag you will find: An extra garbage bag, tissues, sanitizing wipes, hand sanitizer, masks, gloves, nasal saline, acetaminophen (Tylenol), Ibuprofen, a thermometer, guaifenesin, and information about self care and food.
- 2) Go to your room and stay there until you have no fever for 24 hours without taking any Tylenol or Ibuprofen. Do not go to class or to the dining halls. Food and liquid will be delivered to your room when you contact Bon Appetit.
- 3) Use the two white garbage bags for all tissues contaminated with mucous or saliva and food waste. When the bag is full, tighten the draw string and ask that it be removed from your room. Do not put tissues in the recycle bin.
- 4) Clean your hands with hand sanitizer every time you cough or blow your nose. Remember it is **flammable**. Do not use around an open flame.
- 5) Cough into your sleeve or cover your nose and mouth with a tissue to cough or sneeze and throw the tissue out after use. Sanitize your hands after coughing.
- 6) Use nasal saline three to four times a day as per the “nasal irrigation” instructions.
- 7) Use Guaifenesin (Mucinex, Q-Tussin or Mucus Relief) as directed on the container. This will help keep your secretions thin and easy to clear. Practice deep breathing exercises throughout the day to keep your lungs fully inflated.
- 8) Use Tylenol(Acetaminophen) or Ibuprofen as directed on the package to help control your fever, headaches and body aches. Take approximately **two** of the 325 mg OR 500 mg tablets of Tylenol every 4-6 hours (no more than 4 times a day). Keep a written log of the times you have taken the medicine. **Do not drink alcohol. Instead** of Tylenol, you may take **two** of the 200mg Ibuprofen tablets every 6 hours, with food. If you are nauseated, it is better to take the Tylenol.
- 9) Please wear a mask at all times, if possible, to protect your roommate and when you go to the rest room. Change the mask when it gets wet. Throw the contaminated mask into the white garbage bag.
- 10) When you go to the restroom, please take the sanitizing wipes with you and wipe any surfaces (counters, door knobs) you might have touched or contaminated with secretions. Try to keep surfaces in your room clean, as well.
- 11) Call your RA or RLC if you need any supplies or if your symptoms worsen.
- 12) Call **Boettcher at 389-6384 and speak to the flu nurse** if you have medical questions or feel you need other medications.
- 13) Drink at least **five** of the 12 oz bottles of Gatorade or water a day. Use a humidifier if you have one.
- 14) Take your temperature with the thermometer in the morning, at night and when you get chills. If you feel you have been without a fever for 24 hours and have not taken any Tylenol or Ibuprofen, call your RLC to take your temperature and clear you to return to class. If you do not have a fever but are still feeling ill, you may still be contagious. It would be best if you stayed in your room until you felt better. If you feel well but still have a cough, you may want to wear your mask to class. Be sure to cough into your sleeve, even if wearing a mask.
- 15) Please take responsibility for protecting your roommate and the rest of the community. Thank you for helping us to control the spread of the virus. Go to www.flu.gov for more information.

WE HOPE YOU FEEL BETTER SOON!