



Oregon State University Student Health Services  
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## Seasonal Flu Self-Care Information

**Here are some tips for caring for yourself when you have the flu:**

- Self-isolate (i.e., stay away from others) in your room or home for at least 24 hours after your fever is gone except to get medical care or for other necessities (fever should be gone without the use of a fever-reducing medicine).
- If you live in group housing such as a residence hall, Greek house or co-op, go home for a few days, if you can reasonably do that, until you are well.
- If you must leave your home or dorm room, cover your nose and mouth when coughing or sneezing. A surgical mask can be helpful, but a tissue or other covering is also appropriate.
- Take acetaminophen (Tylenol) for fever, headache, body aches. Use cough syrup or lozenges as needed.
- Stay well hydrated by drinking enough water.
- Let a friend/family member know you are ill and have them check in with you periodically.
- If you have severe symptoms such as difficulty breathing or shortness of breath, pain or pressure in the chest or abdomen, sudden dizziness, confusion, severe or persistent vomiting, rash, flu-like symptoms that improve but then return with fever and worse cough, you should seek medical attention.
- Contact your professors to let them know of your illness. Student Health Services does not issue medical excuses for missing classes due to illness.
- Contact Student Health Services by telephone (541-737-9355) if you have questions or are feeling worse. If SHS is closed you should go to the nearest Urgent Care facility or emergency room.