

What should I do if I get the flu?

Keep the virus from spreading to others

- If you become ill and you are living in undergraduate student housing, please alert your RA or RD. RAs and RDs have received specific guidance on assisting students exhibiting flu-like symptoms. We will assist with isolation for students with influenza-like illness (ILI).
- If your home is close by, you will be asked to go home.
- Call rather than come to SHS to ask for advice about what to do. You can also message a nurse by going to www.bu.edu/shs/patientconnect, logging in, clicking "message," then "new message," then "ask a nurse."
- If you are sick, wear a mask to go to the bathroom or when out in public, and wash your hands regularly. (Masks, hand sanitizer, and thermometers are available in Residence Offices for students who are ill.)
- If you have a meal plan and live on campus, you can order carry-out meals by going to www.bu.edu/dining. Click "Residence Dining," then "Rhetty-To-Go Meals." Your flu buddy—a friend who's agreed to help care for you while you're sick—can pick up your meals and deliver them to you. (You may only feel like eating bland foods.)
- If you live off campus or in graduate housing, please stay at home until any fever you may have has resolved for a minimum of 24 hours (without the use of fever-lowering medication). This will take at least 4 days in most cases.
- When you are fever free and going back to class, let the RA on the floor know so the room where you stayed can be cleaned.

Treat your symptoms

- Stay in bed! You don't necessarily need to see a doctor. Fluids, rest, and fever reducers like Tylenol or Advil are what you need!
 - If you choose Tylenol or acetaminophen, it should be taken at a dose of 650mg (2 regular strength tablets) every 6 hours.
 - The Advil or ibuprofen dose is 600mg (3 tablets) every 6 to 8 hours with food.
 - Aleve or naproxen can be taken as 2 tablets twice a day.
 - Do not take aspirin!
- Generally speaking, you should not mix different medications unless instructed to do so by a health-care provider.
- Try to drink at least 2 liters of fluid per day. This can include water, sports drink, soup, broth, ginger ale—mix it up.
- Check your temperature at least twice a day or when you feel feverish. Stay isolated until your fever has resolved for 24 hours without the help of fever-lowering medication. This will take at least 4 days in most cases. A temperature above 100.4° F or 38° C is considered to be a fever.
- If you need medical advice after hours, call 617-353-3575 and a nurse will help to answer your questions.
- If you develop these symptoms, seek medical attention right away: trouble breathing, pain or pressure in the chest or belly, sudden dizziness, confusion, severe or persistent vomiting, or fever that returns a few days after going away.

Contacts at SHS for students with ILI:

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