

## Helping a friend with the flu.

### How is the flu spread?

The flu spreads mostly through droplets (like spit and mucus) from the mouth, nose, and throat. This happens when a person with the flu coughs or sneezes near another person (within 3-6 feet). Sometimes people become infected by touching something like a doorknob or telephone that has been touched by someone with the flu, and then touching their own mouth, nose, or eyes.

People who have the flu can spread it to other people 1 day before they become sick and up to 3-5 days after they feel symptoms. Children with the flu can spread it to others for up to 7 days after they become sick.

If you are staying with someone with flu, try to remain at least 6 feet away from the person. Encourage the ill person to cough into their sleeve or a tissue and wash their hands.

### HOW TO WASH HANDS WITH SOAP AND WATER

- Wet your hands with warm water and put soap on them.
- Rub your hands together to make a lather. Scrub all parts of your hands.
- Continue rubbing your hands for 15-20 seconds.
- Rinse your hands well under running water.
- Dry your hands with a towel or paper towel. Throw used paper towels away right after use.

Someone who is sick should use a separate towel or paper towel to dry off. In public restrooms, dry your hands using a paper towel or air dryer. If possible, use a paper towel to turn off the water so your clean hands do not touch the faucet.

### HOW TO USE AN ALCOHOL-BASED HAND SANITIZER

- Put the sanitizer on the palm of one hand.
- Rub it over all surfaces of your hands and fingers until dry.

### Clean surfaces that are commonly touched.

#### Clean your home

- Clean dishes and laundry with hot water and soap. Use a dishwasher if one is available.
- Clean surfaces touched by a person who is sick with a household disinfectant, like Lysol®, Clorox Clean Up®, or a store brand. Clean surfaces such as tabletops, telephones, nightstands, remote controls, countertops, doorknobs, and kitchen and bathroom cabinet knobs.

### Don't share cups, glasses, or bottles!

### How to deal with a fever?

Fever is a higher than normal body temperature. It is the most common symptom of the flu. Although fever may cause people to worry, it helps the body fight infection and is usually not harmful.

A person with the flu often has a temperature that increases quickly, rising to a peak of 101°-104°F within 12-24 hours. Fever may come and go, especially if medicines are used to treat it. Fever from the flu typically lasts 3-5 days.

If someone is uncomfortable with a fever, taking acetaminophen (Tylenol), ibuprofen (Advil), or naproxen (Aleve) is the right thing to do. Take the medication based on the instructions on the bottle.

Drinking extra fluids when you have a fever is very important. Drink water, juice, sports drinks, and soup... mix it up!

### When to call a doctor?

**Get emergency medical care if someone has trouble breathing, pain or pressure in the chest or stomach, sudden dizziness, confusion, or severe or persistent vomiting.**

#### Seek medical care if someone has:

- Green, rust-colored, or bloody mucus that comes up with cough
- Cough that lasts more than 7-10 days
- Fever that returns a few days after going away

### Contacts at SHS for students with Influenza-Like Illness:

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