

JOHNS HOPKINS UNIVERSITY

Student Health & Wellness Center

3003 N. Charles Street, N200

Baltimore MD 21218-2682

PHONE 410-516-8270 / FAX (410-516-4784)

What to do now that I have the Flu?

Most healthy people recover from the flu without complications. While you recover:

Stay home from work or school. You should remain in your room or apartment unless seeking medical care and should not attend class or any group events until you are fever-free (a fever is defined as a temperature of 100 degrees F or 37.8 degrees C or greater), without fever-reducing medication, for at least 24 hours. Get lots of rest, drink plenty of liquids, and avoid using alcohol and tobacco.

There are over-the-counter (OTC) medications such as acetaminophen (Tylenol) or ibuprofen (Motrin/Advil) to relieve the symptoms of the flu. **Never use aspirin.**

Emergency Warning Signs

Call the Student Health Center at 410-516-8270 (if we are closed, you will be connected to Sirona Health, which is our certified nurse triage service) or seek emergency medical care (you can reach campus security by dialing 410-516-7777 - or 911 if you are on campus) if you are experiencing any of the following warning signs:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen that persists or worsens
- Confusion
- Fever with a rash
- Severe or persistent vomiting
- Bluish skin color
- If you begin to feel worse again after a period of feeling better

Will I be treated with anti-viral medication?

The Student Health and Wellness Center will follow guidelines issued by the U.S. Centers for Disease Control and Prevention (CDC) both for treatment of ill students and for prophylaxis (or preventive treatment) for students who have been exposed to the flu virus. At present, CDC guidance is that antiviral medications for treatment or prophylaxis be given only to students at increased risk for complications from infection with the flu. This includes students with chronic medical conditions requiring ongoing medical treatment, such as asthma or diabetes, or students who have an altered immune system or who take medications that suppress the immune system. Students with conditions such as pollen allergies or who had asthma as a child, but who do not currently take asthma medications, would not typically be treated with antiviral medications.

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When can I leave my room or apartment and return to my normal activities, including class?

You should stay in your room for at least 24 hours after you no longer have a fever or signs of a fever such as chills or sweats (without the help of fever-reducing medications such as ibuprofen or acetaminophen).

If I am on a meal plan and become ill with the flu, how will I get my meals?

Provisions are in place for roommates, friends, resident advisors or Residential Life staff to pick up food at the dining hall and deliver it to sick students. This involves giving your roommate or friend your J-Card to get your food.

After my initial visit to the Student Health and Wellness Center, when should I come back or seek emergency medical treatment?

Return to the Health Center if you have worsening symptoms or if you have any of the Emergency Warning Signs listed above. When the SHWC is closed, call our number and you will be connected to our certified, nurse triage service, or go to the Union Memorial Hospital Emergency Department.

What happens when I miss classes, homework assignments or exams?

Faculty members have been notified that we are advising students with flu symptoms not to attend class while ill – especially if they have a fever - and to isolate themselves to the extent possible until they have been fever-free for 24 hours, in order to reduce the spread of flu among students. Hence, it is a legitimate absence to stay out of class until at least 24 hours after you no longer have a fever without taking fever-reducing medication. In keeping with our standard policy, written excuses for missed classes are not provided. Students are expected to notify their professors immediately by telephone or e-mail should they need to miss classes due to illness and arrange to make up missed assignments. The Student Health and Wellness Center will continue to notify Dean Boswell about students who have sought care at the Center when they miss mid-term or final exams, need extensions on major projects or undergo extended absences.

How can I avoid passing the virus to other students?

We ask you and all students who feel sick to be good citizens of the university community by avoiding or minimizing social contact. To do this, you should stay in your room, particularly avoiding large gatherings, including classes, social events or athletic events. You should wear a mask, wash your hands frequently and stay at a distance from other people. You should cough or sneeze into tissues and immediately dispose of the tissues. If no tissue is available, you should cough or sneeze into your sleeves, not your hands. You should remain in your room or apartment unless seeking medical care and should not attend class or any group events until you are fever-free, without fever-reducing medication, for 24 hours.

You may wish to share this information with your parents so they know what to expect during the course of your illness.