



RESPONDING TO FLU-LIKE SYMPTOMS

If you believe you may have influenza (have a fever and runny or stuffy nose, body aches, headache, chills, fatigue, cough, sore throat) please isolate yourself to prevent the spread to others. If you isolate yourself or are told by a medical professional to isolate yourself, please take the following steps:

- Tell Your RA.
- Tell your roommate(s)/suite(s).
- If isolating in your on-campus residence hall, wear a mask in shared spaces, such as bathrooms, or when interacting with others. Masks are available at the front desk.
- Call or e-mail your professors if you will miss classes. Complete an illness-absence form (http://www.registrar.uiowa.edu/forms/H1N1_absence_form.pdf) when you are well enough to do so and return it to your instructors.
- Remain isolated until your fever is gone for at least 24 hours.

To request an Isolation Meal Pack:

- University Housing/Residential Dining will provide one isolation meal pack a day to any student who has to be isolated with flu-like symptoms. This pack contains enough food to meet the needs of an ill student for one day.
- This isolation meal pack will have pre-determined food items based on availability and medical advice. A vegan option will be available—but no other substitutions can be made.
- The isolation meal pack can be picked up at Burge or Hillcrest Market Place between 11:00 a.m. and 2:00 p.m. by a friend. If you cannot arrange a friend to get it, Market Place staff will deliver it to you between 10:00 a.m. and noon.
- To request an Isolation Meal Pack, go to: <http://housing.uiowa.edu/mealpack/index.html>
- Requests for an Isolation Meal Pack must be submitted by 11:59 p.m. the day before the meal pack is requested.

If your roommate has been asked to isolate:

- Clean your space, including doorknobs and appliances, with a multipurpose cleaner such as Formula 409 Antibacterial or other antibacterial cleanser.
- Employ social distancing of 6 feet.
- Encourage your roommate to wear a surgical mask when in the room.
- See if you can find a friend who's not infected who you can stay with.
- If you have no one you can stay with, talk to the hall coordinator for a short-term relocation, if available.
- Take care of yourself—remember, you can be contagious 24 hours before the symptoms actually appear.

Tips for avoiding illness:

- Wash hands often with soap.
- Use antibacterial wipes to frequently clean room surfaces.
- Avoid touching eyes, nose, and mouth.
- Cough or sneeze into your sleeve, not your hand.
- Get a seasonal flu shot and the H1N1 vaccine when available.
- Use hand sanitizers regularly.

FOR YOUR CONVENIENCE

The C-Stores in Currier, Hillcrest, Mayflower, & the IMU, as well as the University Bookstore, carry the following supplies:

Digital thermometers
Facial masks
Hand sanitizers
Disinfectant spray



Have questions about influenza or other health issues? Call the Student Health Nurse Line at 335-9704, e-mail student-health@uiowa.edu or call UI Hospitals and Clinics at 384-8442.