

FREQUENTLY ASKED QUESTIONS ABOUT “ILI” (INFLUENZA-LIKE ILLNESS)

What are the symptoms of “ILI”?

- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Chills and fatigue

When should I go to see my doctor?

If you are pregnant, have a chronic medical condition or are immuno-suppressed.

Most cases of ILI in healthy students are mild and do not require a visit to your doctor.

Rest, fluids, fever-reducing medications are usually sufficient.

When should I go to the ER?

- Difficulty breathing
- Severe or persistent vomiting and unable to keep fluids down
- Irritable or confused
- Chest Pain
- Rash
- Neck Stiffness
- Sudden dizziness
- Flu-like symptoms improve but return with fever and worse cough

How does the flu spread?

Coughing and sneezing produce droplets that contain the virus. Therefore, covering your cough or sneeze with a tissue or your clothing will help prevent the spread of the virus. When you sneeze into your hands, you can spread virus when you touch different surfaces. H1N1 seems to be able to survive on surfaces and then can be transferred to others. Regular cleaning of surfaces using ordinary disinfectants is sufficient to remove flu virus.

What is Lehman College doing to prevent the spread of the flu virus?

Bathrooms are being closely monitored to ensure that soap and hand towels are available for frequent hand washing. Hand sanitizers have been placed in all buildings. Commonly touched areas for example, restrooms, entrance doors, and stairwell handrails are being cleaned daily as per the Center for Disease Control recommendations.

Are there medications to treat “ILI”?

For most healthy adults, medicine is not generally prescribed. However, anti-viral medications, when given within the first 2 days, can reduce the duration of the illness. Your doctor will determine if you will need this prescription medication.

Should I go to school or work while sick?

The best thing you can do is **stay home**. Not only will you prevent others from catching ILI but you will get the rest necessary to recover more quickly.

When can I return to class and work?

You should stay home until you have not had fever for 24 hours **without** the use of fever-reducing medication. This measure is the most important thing you can do to limit the spread of the flu virus!

Should I get vaccinated for seasonal flu and the H1N1 when available?

Annual seasonal flu vaccination is recommended for all people as the most important step in protection against seasonal flu. A seasonal flu vaccine will not protect you against H1N1. The seasonal flu vaccine will be delayed at the Student Health Center into late November. The vaccine for H1N1 will **not** be offered at the Health Center. Please consult with your doctor to obtain this vaccine or check NYC Flu web site for clinic locations at: <https://a816-healthpsi.nyc.gov/FluPublic/mainView.do;jsessionid=095499084766F527D979BB16CD2BA8BF>

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