

**What to do if you think you may have H1N1 (SWINE Flu):**

H1N1 symptoms include: fever ( $> 100^{\circ}\text{F}$ ), cough or sore throat, runny nose, headache, chills, and body aches, occasional vomiting and diarrhea.

Most people do not need to seek medical care and can use common self-care measures. However, if you are unsure whether you need medical attention or have questions about your symptoms, please call Student Health Services at 410-617-5055.

**Some self-care measures are:**

- Take fever reducers such as acetaminophen or Aleve as directed
- Drink extra fluids juices Gatorade, etc.
- Diet as tolerated
- Extra rest
- Stay home and don't go to work or school until 24 hours after symptoms subside

**If you develop the following symptoms, please seek urgent medical care:**

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever or worse cough

**If you are seen at the Health Center and diagnosed with probable H1N1 flu, here's what will happen:**

You will be advised to stay at home (out of class, work etc.) until you are symptom-free for 24 hours. You should only leave home if you require medical care and, when you go out; you should wear a surgical mask or cover your cough and sneezes with a tissue or cloth. At home, you should wear a mask to protect others you live with.

**Students living on campus:** You may be advised to return to your permanent home while you remain out of classes if you can do so by private transportation. If you cannot go home, please stay in your room. Do not eat in the dining hall. You can request permission to have a friend or roommate bring you food from the dining hall.

Health Center Hours: Monday-Friday, 8:30 a.m. – 5:00 p.m.  
Phone: 410-617-5055 for appointments  
After Hours: 410-583-9396 and a physician will return your call