Flu Season usually occurs between late fall and early spring. This year, in addition to the seasonal flu, there is a new strain of the flu called H1N1 that is occurring now, in the early fall. Flu is caused by viruses that infect the bronchial tubes and lungs. Symptoms can range from mild to serious. We encourage students to be aware of the early symptoms of influenza, and to take necessary action if they experience any of them. Seasonal flu shots are available now at CHWS at a cost of $19. Watch the CHWS website for information on H1N1 vaccine. It should be available at CHWS by mid-October. We also encourage all members of the Puget Sound community to take precautions to help avoid contact and transmission of both the H1N1 and the seasonal flu virus.

We encourage all students to put together a cold and flu kit to keep in their room, containing:

- a thermometer
- acetaminophen (Tylenol) or ibuprofen (Advil)
- cough syrup and decongestants
- bottled water, sports drinks and soups
- alcohol based hand sanitizer
- packages of tissues

Steps to take if you have symptoms:

- To minimize the risk of exposing others to possible infection, please do not come to CHWS without an appointment; call x1555 to schedule one.
- Cover your mouth and nose with a tissue or your shirt sleeve when you cough or sneeze. Wash your hands with soap and water after you dispose of the tissue.
- After your examination, you may be asked to take a rapid influenza test. Results will be available in 15-20 minutes.
- If you test positive, you will be advised to recuperate by staying in your room. This means not going to classes, athletic events, and social activities until you are fever-free without the help of acetaminophen or ibuprofen for 24 hours. Wear a face mask when you are around roommates and when you need to leave your room to use a common restroom, for medical appointments or other necessities.
- You should notify the Dean of Students office (879-3360) and Academic Advising (879-3250) so that arrangements can be made to accommodate your academic program.
- CHWS needs your written consent to share any information with your parents, the Dean of students, and professors. You may be asked to sign a release form when you are at CHWS.
- You will want to inform your roommate and those with whom you’ve had recent close contact, so that they may take steps to minimize the risk of possibly infecting others.
- The flu can last for 1-2 weeks. Students who live nearby should recuperate at home. Travel by private car or taxi to avoid infecting others.

Treatment of flu symptoms:

- If you have a fever of 100°F or higher, drink plenty of clear fluids and take acetaminophen 650 mg every 4-6 hours, acetaminophen 1000 mg every 6 hours, or ibuprofen 400 mg every 4 hours or 600 mg every 6 hours as needed. Ibuprofen should be taken with food. Do not use aspirin for cold or flu symptoms.
- If you have a cough, drink 8 to 10 glasses of fluid daily (water provides the best hydration), inhale steam, and use over-the-counter cough medicines which contain dextromethorphan and/or guaifenesin. Warm water, honey and lemon can also be soothing.
- If you experience a sore throat, gargle with warm salt water (1/2 tsp salt in a cup of warm water), and use acetaminophen or ibuprofen and lozenges to ease discomfort.
- For congestion, drink clear fluids, take “over-the-counter decongestants” such as pseudophedrine or phenylephrine, and use saline nasal spray.
- For headaches/body aches, get plenty of rest, stay hydrated, and take acetaminophen or ibuprofen for pain.
- If you are not eating solid foods, try to consume fluids like 7-Up, apple juice, Gatorade, or broth.

Seek emergency medical care if you experience any of the following symptoms:

- Difficulty or rapid breathing
- Pain or pressure in the chest or abdomen
- Sudden dizziness or confusion
- Severe or persistent vomiting

Questions or concerns? Call CHWS at 879-1555 when we are open. Call the Consulting Nurse Line 403-7778 for urgent concerns after hours.