

I am sick with flu-like symptoms.

What should I do?



Take care of yourself. Prevent the spread of germs that make others sick.

The flu is a contagious respiratory illness caused by influenza viruses. The viruses pass through the air and enter your body through your nose or mouth. The flu usually spreads from person-to-person in respiratory droplets when people who are infected cough or sneeze. People occasionally may become infected by touching something with influenza virus on it and then touching their mouth, nose or eyes.

Are you a HIGH RISK individual?

HIGH RISK individuals for the development of complications from seasonal & H1N1 influenza includes:

- Individuals with chronic medical conditions requiring ongoing medical care:
 - asthma/chronic respiratory disease
 - diabetes/metabolic disorders
 - heart disease
 - problems with immune system (immune suppression medication, HIV)
 - kidney/liver disease
 - blood disorders
 - neurologic/neuromuscular problems
 - no spleen
 - long term aspirin therapy (under 19 years old)
- Pregnant women
- Children younger than 5 years and adults 65 and older

If you are a HIGH RISK individual:

Contact Health Services immediately (781-239-6363 – open 8-6 weekdays). If it is after hours, you can contact Public Safety (781-239-5555) immediately to consult with a Senior staff member on-call. Seriously consider consulting with Health Services or your own health care provider regarding additional recommendations for illness prevention and care.

Most healthy people recover from the flu without complications.

Take care of yourself!

- **Stay home from work or school** if you have a fever of 100°F or higher and a cough or sore throat. Stay away from others for **at least 24 hours after fever is gone** (without the use of a fever-reducing medicine) either in your dorm room or off-campus residence except to get medical care or other necessities. **Any student who is able to go home by private transportation to recover from their flu illness will be advised to do so.**
- **Seek medical care** as you see fit, but certainly do so if your health deteriorates.
- ***Be watchful for worsening symptoms or emergency warning signs:**
Seek medical attention at Health Services (781-239-6363) or your own health care provider if you:
 - Are a HIGH RISK individual (above)
 - Have a fever higher than 101°F for 2-3 days or returns after going away
 - Have symptoms longer than 7 days
 - Have any questions or concerns about your symptoms
- ***Seek immediate medical attention—call Public Safety (781-239-5555)—if you have:**
 - Difficulty breathing/shortness of breath
 - Pain/pressure in chest/belly
 - Sudden dizziness
 - Confusion/decreased alertness/seizures
 - Severe/persistent vomiting; inability to keep fluids down
- **Take care of yourself:** get plenty of rest and fluids; avoid using alcohol and tobacco; and monitor your temperature. If you have a fever and decide to use a fever-reducing medicine, be sure to follow the directions for use on the package.
- **Report your illness** on the health log (www.babson.edu/fluadvisory) so that the College can monitor rates of flu-like illness across campus.
- **Free flu kits** are available at Health Services and Public Safety. Flu kits include: tissues, hand sanitizer, pain relievers/fever reducers (acetaminophen, ibuprofen), cough suppressant drops and single-use thermometers.
- **Notify your professors & Class Dean** (781-239-4075 or via email) of your illness and likely absences.
- **Find a “flu buddy,”** someone (a friend or RA) who can help you with meals and other needs. This person can request meals in take-out containers from the cashier at Trim Dining Hall by giving your name and using your ID card to swipe.

Prevent the spread of germs that make others sick!

- **Cover your nose and mouth** when coughing or sneezing with a tissue or mask. Masks are available at Health Services & Public Safety.
- **Wear a facemask** – if available and tolerable – if you need to leave your room or when sharing common spaces with others.
- **Clean your hands often & properly** especially after you cough or sneeze. Wash your hands with liquid soap under warm running water for at least 20 seconds. Wash all surfaces of the hands including backs of hands, wrists, between fingers and under finger nails. Dry hands using a single-use paper towel or electric hand dryer. Use a paper towel when you turn of the tap. **Alcohol-based hand cleaners are also effective.**
- **Avoid touching your eyes, nose or mouth.** Keep hands away from your face. Germs are often spread when a person touches something that is contaminated with germs and then touches his/her eyes, nose, or mouth.
- **Avoid close contact with others.**
- **Refrain from sharing food & personal items** (such as cups, forks, spoons, toothbrushes and towels).

Seek medical care if you need it!

- **Babson Health Services**, Hollister Hall-Ground Floor
781-239-6363 Hours: Monday-Friday, 8am-6pm
- **Babson Public Safety**, 781-239-5555, Hours: 24/7 (when Health Services is closed)
Available for first responder care, hospital transport, and provision of self-care “flu kits”

For after hours care:

- **Newton-Wellesley Hospital/Emergency Department**, 2014 Washington St, Newton, MA
617-243-6000 Hours: 24/7 Emergency services
- **Waltham Urgent Care**, 9 Hope Avenue, Waltham, MA
781-893-7000, Hours: Mon-Sun, 9am-7pm
Provides unscheduled, walk-in treatment for non-emergent illnesses and injuries