

Flu Type Symptoms and What to Do

Signs and Symptoms:

- High temperature (38 degrees) and rapid pulse
- Skin may be very pale to flushed and sweaty
- Runny /stuffy nose/sore throat/ sneezing/cough
- Headache
- Limb or joint aches/fatigue/weakness
- Diarrhoea or vomiting
- Generally feeling unwell

What to Do:

- Rest. Flu usually lasts 4-7 days but can be longer. Stay in for at least 24 hours after there is no longer a fever and when you feel better; (or after 48 hours after ceasing with diarrhoea & vomiting and you feel better).
- Take paracetamol to help reduce the temperature. Ibuprofen helps with aches and inflamed throats. Please read all instructions in the packet, before use, as not all medicines suit everyone. Write down when you take medication so that you do not take more than the recommended dosage. NB: Flu medicines often contain paracetamol or aspirin too.
- Drink plenty clear fluids (e.g. water, broth, fruit juice, sports drinks) to prevent dehydration
- Alert the College Nurse: nurse@chu.cam.ac.uk or (01223) (3)36133. The nurse can only respond in working hours, so if you need further advice either call **NHS 111** or ask your GP receptionist to put you on the GP 'Call Back List'. Please keep your phone/computer to hand and switched on to enable communication.
- The College Nurse is able to check your temperature accurately and assess for other symptoms (and offer medication if you don't have any).
- Ask a friend to check on you and bring food supplies if needed (keep 2metres away or wear a mask if someone is helping you). Having a 'Flu Buddy' will make sure you know who to call if you need help, and will limit the number of people you might expose to the flu virus.
- If you use a communal facility please clean surfaces with detergent/antiviral spray on surfaces which you have been in contact with (Contact the College Nurse or Housekeeping Department).
- Do not use the communal kitchen until completely well.
- Cover your mouth and nose with a tissue when coughing or sneezing. Dispose of the tissue in the bin after use and wash your hands immediately after. If a tap is not available then use alcohol gel cleaner. Avoid touching your eyes, nose or mouth.
- Cancel/ rearrange classes, supervisions and inform your Tutor of your illness.
- Please contact your GP if you are in a high risk group, such as those with: diabetes, chronic conditions such as asthma or heart disease or those with conditions which affect the immune system. Also contact your GP if you have difficulty breathing, shortness of breath, chest pain, sudden dizziness, confusion, severe, persistent vomiting or feel much worse. The Porters' Lodge (01223) (3) 36000 will help arrange transport.
- You should also contact your GP if you are pregnant or if your flu symptoms improve, but then return with fever or a more severe cough. This is because flu can cause complications.

NB: IF YOU DEVELOP OTHER SYMPTOMS SUCH AS A PURPLE – RED RASH; LIKE SMALL BRUISES, DISLIKE OF BRIGHT LIGHTS OR SEVERE HEADACHE /STIFF NECK, THEN THIS MAY BE VERY SERIOUS AND YOU WILL NEED TO SEEK URGENT MEDICAL HELP. FOR MORE INFORMATION SEE 'MENINGITIS NOW':

<https://www.meningitisnow.org/meningitis-explained/signs-and-symptoms/>

IF YOU STRONGLY SUSPECT MENINGITIS / SEPTICAEMIA YOU WOULD NEED TO GO IMMEDIATELY TO ACCIDENT & EMERGENCY & ALSO CONTACT THE COLLEGE NURSE AND PORTERS' LODGE.