

Responding to FLU-LIKE Symptoms

If a Medical Professional recommends that you isolate you Influenza-like symptoms:

- Tell your RA.
- Call health services for an appointment.
- Tell your roommate.
- Return to your family home for self isolation if possible.
- If self-isolating in your campus residence you must wear a mask when in shared spaces, such as bathrooms, or when interacting with others.
- You can get additional mask from your RA or Health Services.
- Remain in your room until you are fever free X 24 hours without the use of fever reducing medications.

Tips for avoiding illness:

- Wash hands often with soap.
- Use antibacterial wipes to frequently clean room surfaces.
- Avoid touching eyes, nose and mouth.
- Cough, or sneeze into your sleeve, not your hand.
- Get a seasonal flu shot which includes the H1N1 vaccine.

Health Services will:

- Contact all students who have self-isolated in the residence hall every morning between 9-10 AM.
- Each student will receive an Influenza-like illness survey on their myNU account everyday @ 1 PM. The Medical staff requests that students fill out and re-submit electronically.
- The medical staff at Health Services will contact you between 4-5 PM. To review your above survey.
- After hours medical assistance may be obtained by contacting your RA or Campus Safety @ 286-8111.

If your roommate has been asked to isolate:

- Clean your space, including door knobs and appliances, with a multipurpose cleaner such as Lysol or Clorox wipes.
- Open your window daily for an exchange of fresh air.
- Wash your hands frequently.
- While in self-isolation, students should not have visitors to their room.

To request meal delivery:

- Meals will be provided by Sodexo, our food services provider on campus.
- Meals may be charged to your meal plan, your Gallagher Gold Card or may be billed to your student's account by Sodexo directly.
- Meals may be arranged by calling Sodexo Directly @ 286-8394.
- You will need to tell them who will be picking up your meals.
- The pre-set menu is based on medical advice for foods best tolerated when you're ill.