



## EASTERN NAZARENE COLLEGE

### Symptom Check List for Influenza-Like Illness

The symptoms of Influenza-Like Illness (ILI) include fever, cough, sore throat, and sometimes body aches, headache, chills and feeling tired. Some people also have diarrhea and vomiting. The most important thing that you can do to keep flu from spreading in your campus community is to self-isolate. Use the following check list to help decide if you may have the flu:

- Yes**  **No** Do you have a cough?
- Yes**  **No** Do you have a sore throat?
- Yes**  **No** Do you have a headache, body aches or chills?
- Yes**  **No** Do you have vomiting or diarrhea?
- Yes**  **No** **Do you have a fever of 100°F or more?**

#### SHOULD I STAY HOME FROM WORK/SCHOOL?

If you checked yes to

- fever of 100° or more  
and
- cough or sore throat

you have influenza-like illness. **Stay Home** until at least 24 hours after fever is gone without the use of fever-reducing medicines.

#### When should I go to the doctor?

Call your doctor or call student health services if you have:

- any questions or concerns about your symptoms.
- a chronic disease such as asthma and develop any of the symptoms listed in the checklist.
- trouble breathing,
- pain or pressure in the chest or belly,
- sudden dizziness,
- confusion,
- severe or persistent vomiting,
- fever that returns a few days after going away.

**For more information** please see CDC website at: <http://www.cdc.gov/> or the Massachusetts Department of Public Health at [www.mass.gov/dph/flu](http://www.mass.gov/dph/flu).