

**Student Health Services** 

## Self-Triage for Person with Influenza-Like Symptoms

### Typical flu symptoms include:

A fever that ranges from 99° to 104°

Muscle aches

Cough

Headache

Joint aches

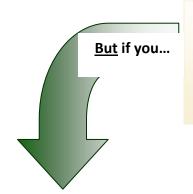
Eye pain

Feeling very cold or having chills

Feeling very tired

Sore throat, runny or stuffy nose

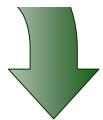
# If you have some of these symptoms:



#### **Stay Home**

- Rest
- Drink fluids
- Take fever reducers, such as acetaminophen or ibuprofen

#### Or if you...



- Have asthma or immune problems
- Are unable to drink enough fluids (urine becomes dark; persistent dizziness when standing)
- Have fever for more than 3-5 days
- Feel better, then develop a fever again



Call your healthcare provider

SHS is always available for students
Call 813-974-2331

- Become short of breath or you develop wheezing
- Cough up blood
- Have chest pain when breathing
- Have heart disease (such as angina or congestive heart failure) and you develop chest pain
- Can't walk, sit up or function normally



ior neaithcare

Phone: 813-974-2331| Fax: 813-974-7181

## www.shs.usf.edu