

HOME ISOLATION

Instructions for Persons with Fever and Cough to Reduce Spread of Influenza in the Home

You will probably be sick for several days with fever and respiratory symptoms.

- Continue to cover your cough and wash your hands often.
- Call the Student Health Center at 212.443.1000 if you experience any side effects; i.e. nausea, vomiting, rash, or unusual behavior.
- Take medications for symptom relief as needed for fever and pain such as acetaminophen (Tylenol®) and ibuprofen (Advil®, Motrin®, Nuprin®), and cough medicine. These medicines do not need to be taken regularly if your symptoms improve.
- Do **not** take aspirin (acetylsalicylic acid) or products that contain aspirin (e.g. bismuth subsalicylate – Pepto Bismol) if you are 18 years old or younger
- . If you have been prescribed antiviral medication, take all of the medication as directed.

Seek Emergency Care

In adults, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough

Follow These Home Care Recommendations:

- Stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of fever-reducing medicine.)
- Keep away from others as much as possible. This is to keep from making others sick. If you must interact with others, wear a mask.
- Drink clear fluids (such as water, broth, sports drinks) to keep from being dehydrated.
- Dishes can be done in dishwasher or with hot soapy water.
- Throw away tissues and other disposable items used by the sick person in the trash. Wash your hands after touching used tissues and similar waste.
- Have everyone wash hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners* are also effective.
- Avoid touching your eyes, nose and mouth. Germs spread this way.

For more detailed information about novel H1N1 home care, visit www.cdc.gov/h1n1flu or call 1-800-CDC-INFO



726 Broadway, 3rd & 4th Floors
New York, NY 10003 • (212) 443-1000
www.nyu.edu/health
health.center@nyu.edu