

If you are sick with an influenza-like illness (ILI):

[The working definition of ILI is fever (at least 101⁰F or 38.5⁰C degrees if measured) with cough and/or sore throat.]

1. **Stay home.** You will be told to stay at home or in your room until cleared by UHS. That means you cannot go to class or to work while you are ill. You can go home to stay with your family if a family member can come to campus to pick you up and drive you in the car. You cannot use public transportation while you are ill.
2. **Wear a surgical mask – if you are sick.** You will be told to wear a surgical mask whenever you leave your room (e.g., to use a shared bathroom) or when your roommate is in the room. UHS will provide a mask for you, but we ask that you not come to UHS to pick it up. Please ask a friend or your RA to pick up a mask for you.
3. **Keep in contact with UHS.** UHS will make daily contact (probably by phone) with you while you are confined to your room. We will let you know when you can leave your room to return to classes and/or work. You can call UHS at 585-275-2662.
4. **Do not return to class or work until you are free of fever for 24 hours.** You must be free of fever without the use of fever-reducing medicines (i.e., acetaminophen or ibuprofen) for 24 hours. It may take up to seven days until you are fever-free. (Do not take aspirin to try to reduce your fever. Using aspirin could lead to Reyes Syndrome, a serious complication.)
5. **Have your food picked up.** Dining Services is prepared to send boxed meals to students who cannot leave their rooms. If you are ill, do not go to the dining center. A friend or your RA can bring your ID to a dining center to pick up food for you.
6. **Protect your roommate(s).** In most cases, you will be living in close quarters with your roommate(s). Avoid close contact. Do not share personal items and wear your surgical mask when your roommate is in the room.

If your roommate is at higher risk for complications, you will be moved to an isolation area until you are fever-free for 24 hours without the use of fever-reducing medicines (e.g., acetaminophen or ibuprofen). You may need to come to UHS and stay in the boarding room for a few hours until we can make arrangements for you. If you live close to the University, you may be asked to go home during your illness.

Help Prevent the Spread of Infection

Throughout your illness and after you have recovered, continue to follow good hygiene practices to help reduce and/or prevent the spread of infection.

- Wash your hands with soap and water frequently.
- Use an alcohol-based hand sanitizer in between your hand washings.
- If you cough or sneeze, cover your nose and mouth with a tissue. Throw the tissue away in a waste basket.
- If you do not have a tissue, cough or sneeze into the inside of your elbow.
- Avoid people who are sick.
- Do not share cups, utensils, straws, etc.