Feeling Sick? Follow our chart for help.

**Do you have the flu?**

**A Self-Assessment Tool**

**Do you have a fever (101°F / 38.5°C or higher) or chills/sweats?**

- **YES**
  - Do you have a cough and any of the following symptoms? Aching muscles, headache, extreme tiredness, sore throat, runny/stuffy nose.

- **NO**

**Do you have a cough and any of the following symptoms?**

- **YES**
  - Do you have any of the following? Chronic heart or lung disease, chronic illness that is being treated and/or affects your immune system, difficulty doing daily activities due to general weakness, you are pregnant.

- **NO**

**Do you have any of the following?**

- **YES**
  - Do not go to class or work until you have talked with a health care professional. Students should call UHS at 585-275-2662. If you are not a UR student, call your primary care provider (PCP).

- **NO**

**Possible Causes:**

- **A cold**
  - For help managing your cold, check Cold Self Care in “Health Topics” on the UHS website (www.rochester.edu/uhs). If you develop a fever, stay home for at least 24 hours after the fever is gone.

- **Uncomplicated flu or other respiratory infection**
  - **Recommendation:** Return to school or work if no fever for at least 24 hours.

For up-to-date info about H1N1 influenza, check: www.cdc.gov/flu

University Health Service • 585-275-2662 • www.rochester.edu/uhs • 585-275-1160 (Health Advice)