

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

But if you...

- Are unable to drink enough fluids (urine becomes dark; you may feel dizzy 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

Or if you...

- 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

Go RIGHT AWAY for healthcare!

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