

# Influenza-Like Illness: You're sick. Here's what to do!

## A Guide to Self-Care

### YOU HAVE SYMPTOMS CONSISTENT WITH INFLUENZA

In general, if you are NOT experiencing severe symptoms (high fever, difficulty breathing, chest pain, persistent vomiting, severe diarrhea or dehydration), your symptoms are best managed with home care unless you are pregnant or have a chronic medical condition. *H1N1 may be more severe in patients who are pregnant or those with chronic medical conditions, such as diabetes or asthma; if you have such conditions and are symptomatic, please call the UCSC Student Influenza Advice Line at (831) 459-2591 or contact your medical provider.*

### ANTIVIRALS (SUCH AS TAMIFLU) AND ANTIBIOTICS

Antibiotics are not effective against viruses such as influenza. Taking antibiotics are not only unhelpful but they may cause adverse effects and contribute to developing resistant bacteria. There are some antiviral medicines that are given only to those with severe medical conditions. These medicines merely shorten the illness by a day or two, and are most effective if given early in the course of illness. Antivirals are not recommended for the general population.

### HERE'S HOW TO HELP YOURSELF FEEL BETTER UNTIL IT GOES AWAY

- **Get plenty of rest. Don't smoke or drink alcohol**
- **Weakness**—you become dehydrated more easily when you have a high fever. Drink lots of different non-alcoholic, non-caffeinated liquids, such as chicken soup, juice, water, diluted Gatorade, Pedialyte.
- **Fever, muscle aches and headache**—Take up to four 200 mg pills ibuprofen (same as Motrin or Advil) with food every 8 hours. (Maximum daily dose=2400mg) If fever is still high, you can add Tylenol—1000 mg every 4-6 hours, up to a maximum of 4000 mg in 24 hours. This will help a lot! It may be helpful to alternate ibuprofen and Tylenol. Please follow directions.
- **Cough**—Cough medicine you buy over the counter (OTC) with dextromethorphan may help. If the cough is really bothersome, prescription cough medicine may help.
- **Runny nose**—OTC Afrin (oxymetazoline) nasal spray may help. Sudafed (pseudoephedrine) 60 mg every 6-8 hours may help. OTC Benadryl (diphenhydramine) 25 mg 1-2 twice daily may also help. Please follow directions.

### WHAT TO EXPECT

**The flu will last 5-7 days.** After you have recovered, you may continue to feel more weak and tired than usual. In some people the cough may persist for several weeks.

**You are contagious from one day before symptoms begin until 24 hours after your fever is gone.** Stay home, do not attend work or classes and keep away from other people until you have been fever-free for at least 24 hours, without the use of fever-reducing medications. If you live in the residence halls, please stay out of the dining commons. Ask a friend to pick up a "to go" box from dining.

### BE ON ALERT

If you experience any of the following warning signs, seek medical care:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Significant dizziness or confusion
- Severe or persistent vomiting
- Fever over 104 degrees (40 C) not responding to medication
- Fever lasting longer than three days may occasionally indicate a secondary bacterial infection

### PREVENT THE SPREAD

There are everyday actions you can do to help prevent the spread of germs that cause illnesses like influenza:

- **Cover your nose and mouth** with a tissue when you cough or sneeze. Throw tissue in the trash after you use it. Wash your hands afterward.
- **Wash your hands often** with soap and water, especially after you cough or sneeze. **Alcohol-based hand cleaners** are also effective. The virus spreads from coughing the virus out into the air and from touching surfaces with your hands.
- **Avoid touching** your eyes, nose, or mouth to reduce the spread of germs.
- **Do not share** drinks, cigarettes or unwashed utensils with others.
- **Avoid** large crowds and people who are clearly ill.
- **Get immunized** against the seasonal flu now and the H1N1 flu when it becomes available.

### CONCERNED ABOUT CLASSES?

Faculty have been instructed NOT to require a "doctor's note" for absences. It is your responsibility to email your professors or call them to discuss your absence.

**Students: please call the UCSC Student Influenza Advice Line at (831) 459-2591 if you have additional questions. SHC appt line 459-2500. For more information, visit: [healthcenter.ucsc.edu](http://healthcenter.ucsc.edu)**

## After Hours Care Information

The following facilities are available to provide medical care **when the Student Health Center is closed**. For more choices, check the Yellow Pages, under Clinics. **Information is subject to change without notice.**

### Hours subject to change—call to verify

#### Urgent Care

(eff. 9/19/09 \$20 co-pay applies for SHIP)

##### **Santa Cruz (Palo Alto) Medical Foundation-Santa Cruz—Westside** (831) 458-6310

1203 Mission St. at Laurel, Santa Cruz, CA 95060

Hours of operation—M-F 9am-9pm

Sat-Sun 9am-6pm; X-ray during hours of operation

##### **Dominican Medical Foundation**

(831) 706-2220

2018 Mission St. at Almar, Santa Cruz, CA 95060

Hours: **Saturday Walk In Urgent Care** 10am-3pm

##### **Santa Cruz (Palo Alto) Medical Foundation Santa Cruz—Main** (831) 458-5537

2025 Soquel Avenue at Capitola Rd. Santa Cruz, CA

Hours of operation—8am-9pm, 7 days a week

X-ray available during hours of operation

##### **Doctors on Duty (in front of UCSC Inn)**

(831) 425-7991

615 Ocean Street, Santa Cruz, CA 95060

Hours of operation—M-Sun 8am-8pm

X-ray available M-F 9:30am-5pm

#### Local Hospital

(effective 9/19/09 \$150 copay applies for SHIP)

##### **Dominican Hospital Emergency Room**

1555 Soquel Drive, Santa Cruz, CA 95065

(831) 462-7700 main; 462-7710 ER

Hours of operation—24 hours, 7 days a week

**Free 24 Hour Nurse Advice Line  
for USHIP and GSHIP 1-800-977-0027**

## Student Health Insurance Plan (SHIP) After Hours Care Info:

**If you have Student Health Insurance Plan (SHIP), effective 9-19-09: Co-pays apply: \$20 for Off-site Urgent Care and \$150 Emergency Room**

**If you are enrolled in USHIP or GSHIP :**

and need **non-emergency** medical care, you must first go the UCSC Student Health Center (SHC). **All non-emergency** medical care within 25 miles of the campus must be initiated through the SHC for referral to be considered for payment.

**If the UCSC Student Health Center is closed, or in case of emergency**, a student should go to an urgent care center or an emergency room, if required. In this case, the SHC Insurance Office must be notified at (831) 459-2389 of the off-campus treatment within 24 hours, or the next day the SHC is open, in order to expedite claim processing. After-hours, emergency care, and urgent care visits are covered by USHIP and GSHIP. Follow-up care must be provided at the SHC. A written referral must be provided for continuing off campus care. Services that are not referred by the Student Health Center are not covered.

**Effective 9-19-2009 there is an office co-pay of \$20 for off-site Urgent Care and \$150 for Hospital Emergency Room visits.**

### Pharmacies near UCSC

Hours subject to change—call to verify

**Safeway Pharmacy** (831) 420-0785; fax (831) 420-0790.

2203 Mission St., Santa Cruz, CA 95060

Hours—M-F 9am-8pm; Sat/Sun 9am-5:30pm

**CVS Pharmacy (near Safeway)** (831) 457-2481

1700 Mission St. (at Olive), Santa Cruz, CA 95060

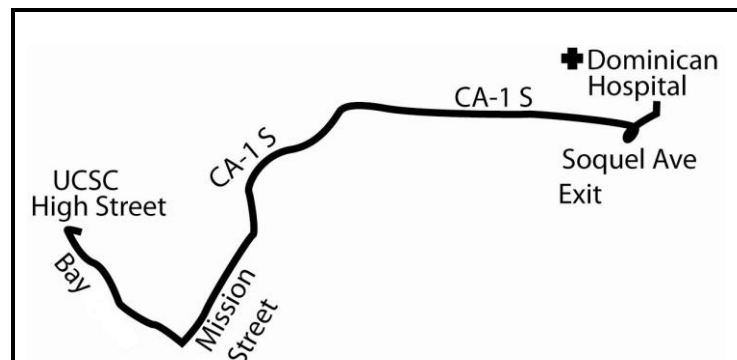
Hours—M-F 9am-9pm;

Sat 9am-6pm; Sun 10a-6pm

**CVS Pharmacy (By Trader Joe's downtown)** (831) 426-7444

600 Front St. (at Soquel), Santa Cruz, CA 95060

Hours—M-F 9am-9pm; Sat 9am-6pm; Sun 10a-6pm



1. Start go south on Bay St. toward Mission St.
2. Turn left onto Mission St.
3. Turn slight left onto CA-1 S/Cabrillo Hwy. Continue to follow CA-1 S. 3.0 miles
4. Take the Soquel Ave. exit, (# 439). 0.2 miles
5. Take the ramp toward Soquel Dr. 0.1 miles
6. Turn slight right onto Soquel Ave. 0.1 miles
7. Turn right onto Soquel Dr., Dominican is on the left.