

Influenza (Flu) Home Treatment

Iowa State University

Thielen Student Health Center



Influenza (flu) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness. There are two main types of influenza (flu) virus: Types A and B. The best way to prevent flu is by getting **vaccinated** each year.

Flu is different from a cold. As it usually comes on suddenly. People who are sick with flu often feel some or all of these symptoms:

- Fever* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

Flu viruses spread mainly by tiny droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. **If nausea/vomiting persist for more than 24 hours or your temperature is over 101 degrees, seek medical attention;** otherwise home cares are recommended.

HOME CARES

- Wash hands frequently with soap and water or alcohol-based hand rubs
- Maintain good respiratory etiquette; cover mouth and nose with tissue when coughing or sneezing
- Avoid contact with other sick individuals
- If needing to go out in public, wearing a surgical mask can help prevent the spread of droplets when coughing and sneezing.
- Get plenty of rest and drink plenty of fluids
- Wipe down surfaces with disinfectant, especially toilets, faucets and clean all dishes used with hot soapy water or use the sanitizing cycle on the dishwasher.

CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or other necessities. **Your fever should be gone without the need to use a fever-reducing medicine, such as Tylenol®.** Until then, you should stay home from work, school, travel, shopping, social events, and public gatherings.

While flu symptoms persist, follow home cares for Nausea, Vomiting and Diarrhea, as needed.

If you have any questions or concerns consult your provider or contact the Thielen Student Health Center at (515) 294-5801.