

# What to do if you think you have the flu.

Symptoms of flu include fever or chills **AND** cough or sore throat. In addition, symptoms of flu can include runny nose, body aches, headaches, tiredness, diarrhea, or vomiting.

**IF YOU EXPERIENCE SOME OF THESE SYMPTOMS:**

- + Stay home and get lots of rest
- + Drink fluids, to keep you hydrated
- + Take fever reducers, such as ibuprofen

But if you...



- + Are unable to drink enough fluids
- + Have a fever for more than 3 days
- + Feel better, but then develop a fever again



**STUDENTS**

Contact the  
Student Health Center:  
312 369 6830  
731 S. Plymouth Court  
Lower Floor



**FACULTY/STAFF**

Contact your personal physician  
or the CARE ATC health  
clinic at 800 993 8244  
600 S. Michigan Ave.  
suite 402

Or if you...



- + Become short of breath or you develop wheezing when coughing
- + Cough up blood
- + Have pain in your chest when breathing
- + Suffer from heart disease, and you start to develop chest pains
- + Become unable to walk or sit upright, or function normally



**Seek medical  
attention  
immediately.**

\* Adapted from the OSHA Pandemic Preparedness Guide