Influenza is preventable by obtaining the seasonal influenza vaccination. Be smart and get vaccinated at your doctor’s office or local pharmacy.

Habits you should do every day to prevent the flu:
1. Wash your hands frequently.
2. Don’t touch your eyes, nose and mouth. Germs spread this way.
3. Avoid close contact with people who are sick.
4. Don’t share drinking glasses, silverware or towels. Alcohol does not kill germs, so drinking games can be a big source of spreading any respiratory illness.
5. Get enough sleep and eat well to maintain your immune system.

Symptoms of influenza include a FEVER of 100 degrees or more AND cough and/or sore throat. Other symptoms include congestion, body aches, headache, chills, fatigue or nausea, vomiting and diarrhea.

If you develop flu-like symptoms:
1. Cover your nose and mouth when you cough or sneeze. Use a tissue or your upper sleeve. Throw tissues in the trash. WASH YOUR HANDS.
2. Return home if you are a car ride away. Please notify Health Services by telephone that you are home with influenza like symptoms and we will contact your class dean. If going home is not an option, stay in your room and do not go to any public place. Do not go to Kimball, Crossroads, Class, or the Hart Center. Do not go on public transportation. Rest, drink plenty of fluids and take Tylenol or ibuprofen if you are not allergic. These medications will reduce your fever and relieve body aches. Do not take aspirin.
3. Email your professors that you are ill and will not be attending classes. Your professors will make arrangements with you to make up the class work.
4. Give your meal card to a friend to swipe and they can get your meal from Kimball. Have your friend leave the meal just inside your room and stay away from him/her. Contact Cathy Witkofsky at 508-793-2401 to let her know that you will need a meal to go. If Cathy does not answer, contact the manager on duty at 508-793-3483.
5. Keep your distance from others when you use a public bathroom. Health Services can give you a mask to wear into the bathroom. WASH YOUR HANDS.
6. All high risk students (asthma, pulmonary disease, diabetes, heart disease, liver or kidney disease and autoimmune diseases) with influenza symptoms should make an appointment with their doctor at home or with Health Services at 508-793-2276.
Any student with concerns or worsening symptoms should call their doctor at home or Health Services.
7. Roommates of students with influenza who live with a chronic health condition should call their doctor or Health Services for advice.
8. Call Public Safety at 508-793-2222 for emergencies. There is a physician on call for medical concerns that can’t wait until Health Services is open. Call 508-334-8830 leave your name and tell them that you are a Holy Cross student and the physician will call you back. For medical concerns that can wait until Health Services is open, leave a message at Health Services and a staff member will get back to you when Health Services is open. Health Services hours are Monday-Friday, 9:00 AM- 5:00 PM.
9. Return to normal activities when you are feeling well and your fever has been gone for 24 hours without the use of Tylenol or ibuprofen. You can prevent the spread of influenza by remaining isolated in your room until you are well. Be considerate of your roommate by not getting close and by covering your cough.
10. WASH YOUR HANDS.
For more information go to www.mass.gov/dph/flu