

Find A "Flu Buddy"

Influenza infection (or flu) generally presents as fever (temperature greater than 100°F) with cough and/or sore throat. At this time the CDC recommends that students with flu-like symptoms isolate themselves from others. They should go home via private car or stay in their room as much as possible until they are free of fever for 24 hours without fever-reducing medications. They should not attend classes or other public gatherings.

We are asking students to find a "flu buddy." The purpose of a flu buddy is to assist in caring for a student with flu-like illness and aide in self-isolation.

If your flu buddy becomes ill, check on them regularly via phone or email. You should avoid making close contact (less than 6 feet away). If close contact is necessary, ask your flu buddy to wear a mask. You can help by getting needed supplies, medicines or food and dropping them off at their door. If your flu buddy is feeling worse or has severe symptoms, please contact Student Health (440-775-8180), an RD or security. Please check the CDC website (www.cdc.gov) for more info on how to care for a person with flu-like symptoms and how to protect yourself from becoming ill. Masks and cold care kits are available at Student Health Services.

People with immunosuppression or a chronic medical illness are at an increased risk of severe illness from flu and should not be a flu buddy caring for an ill person. They should contact student health or another medical provider if they are in close contact with a person having flu-like symptoms.