

SPARTAN HEALTH CENTER FLU-LIKE SYNDROME PROTOCOL

Any student exhibiting flu-like symptoms should call the Annex 757-278-4129 right away to schedule an appointment (Telehealth visit may be appropriate for classic symptoms and no underlying medical conditions).

GET VACCINATED YEARLY, STAY HOME IF SICK, WEAR A MASK, GOOD HANDWASHING, SOCIAL DISTANCING

Because some flu (influenza) and Covid-19 symptoms can be similar, it is important to get tested to help with diagnosis and reduce spread on campus.

Flu season is mainly October to April in the US. The flu virus may change yearly- so vaccines are needed each flu season. It is safe to get your flu vaccine and Covid-19 vaccine at the same time.

Flu may be less easily spread than Covid-19 but has a quicker time of symptom onset after exposure to someone with flu. Flu has a shorter incubation time of 1-4 days after exposure compared with Covid-19 incubation time of 2-14 days after exposure.

Flu symptom onset is usually rapid (go to bed fine and wake up ill). Fever, body aches, chills, headache, runny/stuffy nose, sore throat, vomiting, diarrhea are common. Fever usually stops in 3-4 days and risk of spreading to others is rapidly decreased after 3 days. Fatigue may last 7-10 days. Fever should be gone before return to routine activity.

There are several oral medications which if taken within 24-48 hours of symptom onset can reduce severity of illness and shedding of virus. Current oral prescription medications are oseltamivir (generic Tamiflu), Xofluza, Relenza and Rapivab is an intravenous medication. Your medical provider will determine if an antiviral medication is appropriate for you based on severity of illness, timing of symptom onset and your chronic health conditions. Mild cases can often be treated with over-the-counter analgesics and cold/flu medications.

Students with severe illness, signs of complications may be referred to an Urgent Care center or the emergency room.

If you are a commuter or live locally, you may choose to see your primary care provider/physician (PCP). Please make sure you obtain a medical excuse from your PCP to present to the Dean of Students Office to cover any missed classes/activities.

[CDC Influenza \(Flu\)](#)