

GUIDANCE FOR RESIDENTIAL STUDENTS WITH UPPER RESPIRATORY ILLNESS

(COVID, Influenza or Cold symptoms)

When Can I Return to Activities?

- You can go back to your normal activities when, for at least 24 hours, both are true:
 - Your symptoms are getting better overall, and
 - You have not had a fever (and are not using fever-reducing medication)

What Precautions Should I Take When I Return to Activities?

- When you go back to your normal activities, take added precautions over the next 5 days by wearing a well-fitted mask and
- Taking steps for cleaner air, practicing good hygiene, physical distancing or testing for times when you will be around other people, including any roommates you may have.
- Taking precautions is especially important to protect people with factors that increase their risk of severe illness from respiratory viruses.
 - Keep in mind that you may still be able to spread the virus that made you sick, even if you are feeling better. You are likely to be less contagious after your symptoms fully resolve, but some people, like those with immunocompromising conditions, can shed the virus for a long time.
 - If you develop a fever or you start to feel worse after you have gone back to normal activities, stay home and away from others again. If your symptoms are improving overall, and you have not had a fever and are not using fever-reducing medication for at least 24 hours, you can resume normal activities. You should then take added precaution for the next 5 days as listed above.

How Can I Get My Meals While I Am Ill?

- If you are feeling well enough, you can pick up a to-go meal from Dining Services and bring it back to your room
- You can also ask someone else to pick up your meal from dining services. You will need to call Dining Services (x6226) and give your name and the name of the person you are sending to pick up your meal for you.

WHAT ARE SOME BASICS ABOUT RESPIRATORY ILLNESSES?

What Causes Upper Respiratory Illness?

- These symptoms are usually caused by a virus. Doctors also use the term “viral upper respiratory infection”, or “viral URI”. Lots of different viruses can get into your nose, mouth, throat, or airways and cause symptoms.
- Most people get better from a cold without any lasting problems. Even so, having a URI can be uncomfortable.

How Can I Tell What Type of URI I Have?

- **COVID-19** often starts very similar to a cold, but it can also cause a fever. If you have cold symptoms and have been around someone with COVID-19, you should get tested to see if you have it too.
- **The flu** is more likely to cause fever, body aches and extreme tiredness than a cold.
- **Strep throat** usually causes severe throat pain. It can also cause a fever and swollen glands in the neck. People with strep throat usually do not have other cold symptoms like a stuffy nose or cough.

Can Medicine Help With An Upper Respiratory Illness?

- Usually, a cold gets better on its own and does not need treatment. Because colds are usually caused by viruses, antibiotics do **not** help.
- If you are an adult, you can try cough and cold medicines that you can get without a prescription (“over-the-counter”).
- These medicines might help with your symptoms, but they do not cure an URI or help you get well faster.
- Cough medications like Delsym 12 hour (or generic equivalent) may be helpful with your cough.
- Throat lozenges can also be used to help with a sore throat.
- If you try non-prescription medicines such as acetaminophen, ibuprofen or naproxen for aches and pain or fever
 - Read the directions on the label and follow them carefully
 - Do not combine 2 or more medicines that have acetaminophen in them. If you take too much acetaminophen, it can damage your liver.

What Can I Do On My Own To Feel Better?

- Get plenty of rest.
- Drink lots of fluids (water, juice, or broth) to stay hydrated. This helps replace any fluids lost if you have a runny nose or sweating from a fever. Warm tea or soup can help soothe a sore throat.
- Use a cool mist humidifier to add moisture to the air if it helps.
- Use saline nose drops or spray to relieve stuffiness.
- Avoid smoking and stay away from places where people are smoking.

What If I Don't Get Better?

- Contact your health care provider or the Student Health Center for assistance.

Reach out if you:

- Have a fever higher than 100.4°F (38 °C) as well as chills, loss of appetite, or trouble breathing
- Have a very bad sore throat
- Have a fever as well as lung disease, such as asthma
- Have a cough that lasts longer than 10 days or starts getting worse
- Have chest pain when you cough or breathe deeply, have trouble breathing or cough up blood