

Self Assessment for Influenza Treatment

1. Do you have a fever of a 100.0 degrees F (37.8 C) or higher? Have you had night sweats and/or shaking chills?
If yes, continue to #2
If no to both questions, go to # 7
 2. Do you have symptoms of runny nose/nasal congestion, cough or a sore throat?
If yes, continue to #3
If no to all of these symptoms, go to #7
 3. Did the illness start abruptly (e.g. going from feeling well to quite ill in a few hours)?
If yes, continue to # 4
If no, go to # 7
 4. Do you have an on-going chronic medical problem (e.g. diabetes, chronic asthma needing daily medication, immunosuppression, kidney disease, pregnancy)?
If yes, go to #6
If no, continue on to #5
 5. Do you have a rash, neck pain, painful urination, trouble breathing, abdominal pain, severe or persistent vomiting, chest pain, sudden dizziness or confusion?
If no, continue to question #8

If yes to ANY symptom on #5, call the Advice Nurse (805) 893-7129, come in to Urgent Care or, if after hours, go to Goleta Valley Cottage Hospital Emergency Room.
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6. You should be evaluated by a clinician. Schedule an appointment for a same-day visit, either online or by calling (805) 893-3371.
 7. The illness may be influenza or another respiratory virus.
 - Drink fluids and get plenty of rest
 - Take acetaminophen (Tylenol) or ibuprofen (Advil) as directed for fever and aches
 - Follow-up as needed.
 - If you do not have a thermometer, you should obtain one to document presence or absence of fever. After your fever has been gone for 24 hours, you may return to normal activity.
 8. There is a high likelihood that you have influenza.
 - **DO NOT GO TO CLASS, WORK OR SOCIAL FUNCTIONS.**
 1. Please stay in your room and avoid contact with others
 2. Email your professors and tell them you have the flu
 - Cover your cough, wash your hands
 - Drink plenty of fluids and rest

- Take acetaminophen (Tylenol) or ibuprofen (Advil) as directed for fever and aches and over the counter cold and flu medications for symptom relief
- Call the Advice Nurse (805) 893-7129 if you are having trouble breathing, persistent vomiting, dizziness or confusion or worsening symptoms. If after hours, go to Goleta Valley Cottage Hospital Emergency Department.
- Monitor your symptoms (you will need a thermometer). After your fever has been gone for 24 hours without taking fever reducing medication, you may return to normal activity.

If you still feel that you need to be seen by a clinician, please call the Advice Nurse Line at (805) 893-7129.