

## HOW TO DETERMINE IF YOU HAVE THE FLU

### Seasonal and H1N1 Influenza symptoms

- |   |                                     |
|---|-------------------------------------|
| <input type="checkbox"/> Fever above 100.4 F  | <input type="checkbox"/> Body aches |
| <input type="checkbox"/> Cough                | <input type="checkbox"/> Headache   |
| <input type="checkbox"/> Sore throat          | <input type="checkbox"/> Chills     |
| <input type="checkbox"/> Runny or stuffy nose | <input type="checkbox"/> Fatigue    |

### Have a fever above 100.4 F with cough or sore throat?

If NO: You are not showing signs of the flu.  
It is OK to go to class or lab.

If YES: You may be showing signs of the flu  
DO NOT go to class or lab.  
Contact the Student Health Center or  
your primary health care provider

DO NOT return to class or lab until  
at least 24 hours after you no longer  
have a fever



### Develop symptoms while in class or lab?

- Inform your professor/TA or working group in the lab that you have developed symptoms. GO TO YOUR ROOM OR HOME
- Contact the Student Health Center or your primary health care provider

### Think you may have been exposed to someone with H1N1?

Check yourself to determine if you have flu symptoms and follow the same instructions.

**Seek emergency medical care if you develop difficulty breathing, pain or pressure in your chest or abdomen, sudden dizziness or confusion, severe or persistent vomiting, or flu-like symptoms that improve, but then return with fever and worse cough.**

#### More information

US Government Information  
Pasadena Public Health Department  
Caltech Student Health Center

[www.cdc.gov](http://www.cdc.gov)  
[www.ci.pasadena.ca.us/publichealth](http://www.ci.pasadena.ca.us/publichealth)  
[www.healthcenter.caltech.edu](http://www.healthcenter.caltech.edu)

California Institute of Technology  
Archibald Young Student Health Center