

Self Assessment for Influenza Treatment

1. Do you have a fever of 100.4 degrees F (38 C) or higher? Have you had night sweats and/or shaking chills?
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, asthma, 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 question on #5, call your physician or visit University Health Services.
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6. **You should be evaluated by a Nurse or Doctor.** Schedule for a same-day appointment.
 7. **The illness may be influenza or another respiratory virus.** Be sure to stay hydrated, rest, acetaminophen or ibuprofen for fever and aches, and follow-up as needed. Also if you do not have a thermometer, you should obtain one to document presence or absence of fever. After your fever has resolved for 24 hours, you may return to normal activity.
 8. **There is a high likelihood that you have influenza.** You should continue to monitor yourself. Take acetaminophen (Tylenol), avoid public places and when no longer feverish for 24 hours, resume your usual schedule.
- If you still feel that you need to be seen by a Nurse/Doctor, please call your physician or University Health Services.**