

My roommate is sick with flu-like symptoms.

What should I do?



Take steps to avoid getting sick. Check-in on your roommate. Take care of yourself.

The flu is a contagious respiratory illness caused by influenza viruses. The viruses pass through the air and enter your body through your nose or mouth. The flu usually spreads from person-to-person in respiratory droplets when people who are infected cough or sneeze. People occasionally may become infected by touching something with influenza virus on it and then touching their mouth, nose or eyes.

Are you a HIGH RISK individual?

HIGH RISK individuals for the development of complications from seasonal & H1N1 influenza include:

- Individuals with chronic medical conditions requiring ongoing medical care:
 - asthma/chronic respiratory disease
 - diabetes/metabolic disorders
 - heart disease
 - problems with immune system (immune suppression medication, HIV)
 - kidney/liver disease
 - blood disorders
 - neurologic/neuromuscular problems
 - no spleen
 - long term aspirin therapy (under 19 years old)
- Pregnant women
- Children younger than 5 years and adults 65 and older

If you are a HIGH RISK individual:

Contact Health Services immediately (781-239-6363 –open 8-6 weekdays). If it is after hours, you can contact Public Safety (781-239-5555) immediately to consult with a Senior staff member on-call. Seriously consider consulting with Health Services or your own health care provider regarding additional recommendations for illness prevention and care.

Precautions & Considerations:

- **Avoid being face-to-face with the sick person.** If you are a **HIGH RISK** individual for complications from influenza, you should attempt to avoid close contact (within 6 feet) with sick person. If close contact with a sick individual is unavoidable, consider wearing a facemask. Facemasks are available at Health Services & Public Safety.
- **Remind the sick person to cover their mouth and nose** with a tissue when coughing, sneezing or spitting, and dispose of the tissue in a covered trash bin. You should also do the same.
- **Check-in with sick person** to make sure they have a buddy to get them meals and other necessities.
- **Free flu kits** are available at Health Services and Public Safety. Flu kits include: tissues, hand sanitizer, pain relievers/fever reducers (acetaminophen, ibuprofen), cough suppressant drops and single-use thermometers.
- **Clean your hands frequently & properly.** Wash your hands with liquid soap under warm running water for at least 20 seconds. Wash all surfaces of the hands including backs of hands, wrists, between fingers and under finger nails. Dry hands using a single-use paper towels or electric hand dryers. Use a paper towel when you turn of the tap. **Alcohol-based hand cleaners are also effective.**
- **Avoid touching your eyes, nose or mouth.** Keep hands away from your face. Germs are often spread when a person touches something that is contaminated with germs and then touches his/her eyes, nose, or mouth.
- **Clean shared spaces often.** Frequently clean all areas and items that you share with the sick person, such as door and drawer handles, phones, etc. with disinfectant (while wearing gloves).
- **Refrain from sharing food & personal items.** Avoid sharing food with others, and refrain from sharing personal items such as cups, forks, spoons, toothbrushes and towels.
- **Practice good health habits.** Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.
- **Monitor yourself for flu symptoms.** Common seasonal flu & H1N1 symptoms include: fever; chills; headache; fatigue; cough; sore throat; runny or stuffy nose; body aches; nausea, vomiting, and diarrhea.

- ***Be watchful for worsening symptoms or emergency warning signs in your roommate or yourself:**

Seek medical attention at Health Services (781-239-6363) or your own health care provider if you:

- Are a HIGH RISK individual (above)
- Have a fever higher than 101° F for 2-3 days or returns after going away
- Have symptoms longer than 7 days
- Have any questions or concerns about your symptoms

- ***Seek immediate medical attention—call Public Safety (781-239-5555)—if you have:**

- Difficulty breathing/shortness of breath
- Pain/pressure in chest/belly
- Sudden dizziness
- Confusion/decreased alertness/seizures
- Severe/persistent vomiting; inability to keep fluids down

Seek medical care if you or your roommate needs it!

- **Babson Health Services**, Hollister Hall-Ground Floor
781-239-6363 Hours: Monday-Friday, 8am-6pm
- **Babson Public Safety**, 781-239-5555, Hours: 24/7 (when Health Services is closed)
Available for first responder care, hospital transport, and provision of self-care “flu kits”

For after hours care:

- **Newton-Wellesley Hospital/Emergency Department**, 2014 Washington St, Newton, MA
617-243-6000 Hours: 24/7 Emergency services
- **Waltham Urgent Care**, 9 Hope Avenue, Waltham, MA
781-893-7000, Hours: Mon-Sun, 9am-7pm
Provides unscheduled, walk-in treatment for non-emergent illnesses and injuries