

Flu Guidelines...What should I do if I get sick?

If you are sick, you are advised to stay home and avoid contact with other people as much as possible to keep from spreading your illness to others.

If an employee has been absent from work with flu-like symptoms (fever, cough, sore throat, and body aches), the employee must be cleared by OLOLRMC Employee Health Department to return to work. Employee Health is located in the Medical Plaza, 765-8750.

If a student has been absent due to flu-like symptoms (fever, cough, sore throat, and body aches) the student must be cleared by their primary healthcare provider to return to class. If a student does not have a primary health care provider, they may go to the Total Occupational Medicine clinic at 3333 Drusilla Lane for a return to school physical assessment at the reduced fee of \$55.00 (regularly \$75.00). Additional fees may be incurred if diagnostic testing is indicated. Call 924-4460 for more information. The student must provide medical documentation to the office of Health & Safety for a return to class authorization.

To help prevent the spread of any type of infection or illness

as recommended by the Louisiana Department of Health and Hospitals:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze.
- Alcohol-based hand cleaners are also effective.
- If you get sick with influenza, stay home from work or school and limit contact with others to keep from infecting them. Avoid touching your eyes, nose or mouth. Germs spread this way.

Complications of Flu:

In children, emergency warning signs that need urgent medical attention include:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

In adults, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

The CDC website is another good source of information www.cdc.gov.