

## Influenza Like Illness

Influenza like illness (ILI) is a medical diagnosis of possible or probable influenza. In most cases an influenza test is be negative, but most symptoms of influenza are present. In this circumstance, medical practitioners will treat an ILI just like influenza and offer the same treatment guidelines. Again, like influenza, this virus is transmitted through contact with mucus or saliva or by airborne droplets of saliva or mucus.

Symptoms commonly associated with an ILI are:

- High fever (>101<sup>0</sup>F)
- Headache
- Muscle aches
- Cough
- Sore throat
- Chills
- Nausea and vomiting (in some cases)

If you experience “flu-like” symptoms, please call Millersville University Health Services (MUHS) to schedule an appointment. This is especially important if you have traveled to an affected area or have been in contact with someone diagnosed with the H1N1 flu. The list of affected areas is available at:

<http://www.cdc.gov/swineflu/investigation.htm>.

Because of the highly infectious nature of an influenza virus, public health officials have made the following recommendations to stay healthy:

- Cover nose and mouth when coughing or sneezing.
- Throw tissues away after using them.
- Wash hands often, especially after coughing or sneezing.
- Avoid touching eyes, nose or mouth. This is the most common way viruses are spread.
- Avoid close contact with people who are sick.
- If you are sick, stay home and limit interaction with others.

Most people who become sick with an ILI will be able to care for themselves at home and will experience complete recovery and health care practitioners may prescribe

antiviral medications. The following self-care measures may be helpful in controlling ILL symptoms:

- Tylenol (acetaminophen) or Advil (ibuprofen) at label-recommended doses.
- Over the counter cold and flu preparations.
- Rest - Sleep helps the body fight infection.
- Drink plenty of fluids - Choose water, Gatorade, juices or warm soups to stay hydrated.

If symptoms worsen, persist longer than 7 days, or there is an underlying medical condition like asthma or diabetes, schedule an appointment at Millersville University Health Services.

Web links for more information:

- Web MD: <http://www.webmd.com/cold-and-flu/flu-guide/default.htm>
- Family Doctor:  
<http://familydoctor.org/online/famdocen/home/healthy/vaccines/477.html>

If you are a registered Millersville University student and you have questions or you need to make an appointment, please call Millersville University Health Services at 872-3250.



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