



**CDC Guidance for Responses to Influenza for Institutions of
Higher Education during the 2009-2010 Academic Year**

This document provides guidance to help decrease the spread of flu among students, faculty, and staff of institutions of higher education (I

much as possible. For example, travel by private car or taxi would be preferable over use of public transportation.

Students with a private room should remain in their room and receive care and meals from single person. Students can establish a “flu buddy scheme” in which students pair up to care for each other if one or the other becomes ill. Additionally, staff can make daily contact by e-mail, text messaging, phone calls, or other methods with each student who is in self-isolation.

If close contact with others cannot be avoided, the ill student should be asked to wear a

Extend the self-isolation period: If flu severity increases, people with flu-like illness should stay home for at least 7 days after the onset of their symptoms, even if they have no more symptoms. If people are still sick after 7 days, they should stay home until 24 hours after they have no symptoms. See information above for self-isolation in different types of housing.

COLD OR FLU?

SYMPTOM	COLD	FLU
FEVER	Fever is pretty rare with a cold.	Fever is usually present with the flu. 80% of flu cases include a fever. A temperature of 100 °F or higher for 3 to 4 days is associated with the flu.
ACHES	Slight body aches and pains can be part of a cold.	Severe aches and pains are common with the flu.
CHILLS	Chills are uncommon with a cold.	Chills are fairly common in most flu cases. 60% of flu cases include chills. Chills and shivering are a normal reaction to a cold environment, but unexplained chills can also be a sign of the flu.
TIREDFNESS	Tiredness is fairly mild with a cold.	Tiredness is moderate to severe with the flu. It's normal to feel tired at the end of a long day or when you don't get adequate sleep, but unexplained tiredness can be a sign of the flu.
SUDDEN SYMPTOMS	Cold symptoms are not sudden and develop over a few days.	The flu has a rapid onset within 3-6 hours. The flu hits hard and includes sudden symptoms like high fever, aches and pains.
COUGHING	A hacking, productive (mucus producing) cough is often present with a cold.	A nonproductive cough that does not produce mucus is usually present with the flu. Dry cough is present in 80% of flu cases.
SNEEZING	Sneezing is commonly present with a cold.	Sneezing is not commonly present with the flu.
STUFFY NOSE	A stuffy nose usually accompanies a cold and typically resolves spontaneously within a week.	Stuffy nose is not commonly present with the flu.
SORE THROAT	Sore throat is commonly present with a cold. A sore throat is pain and inflammation of the throat that usually	Sore throat is not commonly present with the flu.

