Viral Illness Guidelines

Symptoms include some or all of the following: fever, chills, cough, sore throat, runny nose, body aches, headaches, tiredness, diarrhea or vomiting.

If you have these symptoms:

- **Stay away from other people and do not attend classes or go to work** for at least 24 hours after you no longer have a fever, or signs of a fever, without the use of fever-reducing medicines (e.g. TYLENOL, Advil).
- **To protect others, please remain at home or in your room.**
- **Prepare for the possibility of missing work or classes.**
- **Wear a surgical mask** if you have close contact with others or are in any shared or public space. These are available at HUHS.
- **Wash your hands often with soap and water,** especially after coughing or sneezing. Alcohol-based hand cleaners (such as Purell®) are also effective.
- **Cover your mouth and nose with a tissue** when you cough or sneeze. If no tissues are available, cough or sneeze into your elbow or shoulder. Discard the tissues immediately in the trash.
- **Drink plenty of clear fluids** (such as water, broth, sports drinks) to keep you from becoming dehydrated.
- **Do not share water bottles, glasses or eating utensils.**
- **Call or go to Harvard University Health Services (617-495-5711)** if you are getting worse or have persistent fevers (>101°F), chest pain or shortness of breath. We are open 24/7.

### Common Medications* that May Help with Symptoms

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Medication Details</th>
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<tbody>
<tr>
<td>Runny or Stuffy Nose</td>
<td>Saline nasal sprays, oral decongestants (e.g., phenylephrine or pseudoephedrine) or nasal decongestant spray can improve nasal congestion. Nasal decongestant sprays (e.g., Afrin) should only be used for 3 days maximum. Pseudoephedrine is kept behind the counter at the pharmacy, so it must be requested, but a prescription is not required.</td>
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<tr>
<td>Body aches/fevers</td>
<td>Best treated with a mild pain reliever such as acetaminophen (e.g.TYLENOL) or a non-steroidal anti-inflammatory agent such as ibuprofen or naproxen (e.g. Motrin or Aleve).</td>
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<tr>
<td>Sore Throat</td>
<td>The above OTC pain relievers and throat lozenges (e.g., Cepacol)</td>
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<tr>
<td>Cough</td>
<td>An antihistamine (e.g., chlorpheniramine) and a decongestant (e.g., phenylephrine), taken together may help. Naproxen (Aleve) may also help with cough. Over the counter expectorant/cough suppressants (e.g., Robitussin DM) may help clear mucous from chest and sinuses, but they are of uncertain benefit in actually decreasing cough.</td>
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</tbody>
</table>

*These medications should not be taken without first speaking to your health clinician if you are being treated for other medical conditions such as high blood pressure, glaucoma, thyroid disease and ADHD. Athletes should ask the training room staff about the implication of taking cold medications which may contain substances banned by the NCAA.

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