RESPONDING TO FLU-LIKE SYMPTOMS

If you start exhibiting flu-like symptoms, call SU Health Services. They will direct you how to proceed.

If a medical professional recommends that you stay in your room or apartment because of flu-like symptoms:

▲ Tell your RA.
▲ Tell your roommate (if you have one).
▲ Socially distance yourself: meaning stay in your room, keep your door closed, wear a mask if you leave your room. Masks are available at SU Health Services.
▲ Contact your professors if you will miss class.

Food Services Current Sick Meal Policy: When you are feeling too ill to go to the dining center for a meal you may give your ID card and a note to a friend to take to a dining center. They will pick up a meal for you, based on what you want to eat, and bring it to your room.

Students who are told to remain in their rooms or apartments because of flu-like symptoms, may request a boxed meal “Feel Better Food Pack”. The meal will consist of one day’s supply of the following items:

- Instant oatmeal
- Apple juice
- Fruit flavored, hard candy
- Pudding cups
- Microwaveable soup
- Crackers
- Banana
- Ensure
- Apple sauce
- Microwaveable rice
- Gatorade
- Tea bags
- All the condiments you’ll need

Feel Better Food Packs
To request a Feel Better Food Pack call 443-1103.

Give your name, residence hall & room, ID number and phone number.

Food Services will make deliveries to residence hall main desks 3 times per day:
  by 9am
  by 12:30pm
  by 6pm

Depending on the severity of your illness, you can pick up your meal at the main desk or have a friend or your roommate get it for you. The hours for the Residence Hall main desks are 8 a.m. - midnight.

If you need any additional assistance, please feel free to speak with any Residence Life staff member.

You should call each day you feel you will need a meal brought to you.

After meals are delivered your meal plan will be charged for the meal.

If your roommate is ill:
▲ Clean your space, including door knobs and appliances, with multipurpose antibacterial cleaner.
▲ Wash your hands even more often.

Tips for avoiding illness:
▲ Wash hands often with soap.
▲ Use antibacterial wipes to frequently clean room surfaces.
▲ Avoid touching eyes, nose, and mouth.
▲ Cough or sneeze into your sleeve, not your hand.
▲ Get a seasonal flu shot.

For more information go to the SU flu preparedness site: http://sunews.syr.edu/h1n1flu/index.html