

# 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 the 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 can 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.

To assist students that are told to remain in their rooms or apartments because of flu-like symptoms, the sick meal policy is being expanded. When students are told by their healthcare providers to socially distance themselves, they 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  
Flavored gelatin cups  
Pudding cups  
Microwavable soup  
Crackers  
Banana  
Fortified instant breakfast drink  
Apple sauce  
Gatorade  
Tea bags  
Sugar packets  
Utensils, cup & straws  
Health Services informational bookmark

## Feel Better Food Packs

Students who have been asked to stay in their room or apartment should call 443-1103 to request meals.

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

The Feel Better Food Packs will be dropped off at the main desk in your residence hall. Residence staff will assist in meal delivery.

If you need a meal delivery after business hours you should contact your Residence Hall main desk.

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 both a seasonal flu shot and the H1N1 vaccine if it becomes available and is recommended.



## SUFS Feel Better Food Pack

- ▲ Instant oatmeal
- ▲ Apple juice
- ▲ Flavored gelatin cups
- ▲ Pudding cups
- ▲ Microwavable soup
- ▲ Crackers
- ▲ Banana
- ▲ Fortified instant breakfast drink
- ▲ Apple sauce
- ▲ Gatorade
- ▲ Tea bags
- ▲ Sugar packets
- ▲ Utensils, cup & straws
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