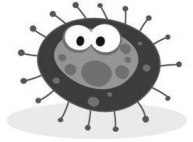


## College Restrictions



Influenza (flu) is a highly infectious disease. Most people with lab confirmed flu or with influenza-like-illness (ILI) can spread the flu virus one day before the symptoms start until about a week after getting sick. Children and people with weakened immune systems can spread the virus for a longer period of time. Most transmission to others happens in the first 3 to 5 days of illness. To help reduce the spread of infection, people with lab-confirmed flu or ILI should avoid contact with others. People taking antiviral drugs can still spread the virus and should also keep away from others.

### Restrictions for college students and staff with lab confirmed flu or ILI:

- A). **Students:** should be advised to not go to public activities including classes, sporting events and social events if they have lab confirmed flu or ILI. They can return to their normal activities once they have been fever free for at least 24 hours without the use of fever-reducing medication (such as Tylenol). For most people, this means staying home for a minimum of 4 days.
  
- B). **Faculty and staff:** should avoid all public activities if they have lab confirmed flu or ILI. They can return to their normal activities once they have been fever free for at least 24 hours without the use of fever-reducing medication (such as Tylenol). For most, this means staying home for a minimum of 4 days.