Self Assessment for Respiratory Illnesses

For Boise State University Students, Faculty, and Staff
(Includes H1N1 “Swine” flu, seasonal influenza, and common colds)

1. Do you have a fever of 100°F (38°C) or higher? Have you had night sweats or shaking chills?
   • If YES, continue to #2
   • If No to BOTH questions, go to #7

2. Do you have symptoms of runny nose/nasal congestion, cough, sore throat or achy muscles?
   • If YES, continue to #3
   • If No to all of these symptoms, go to #7

3. Did the illness start abruptly (e.g. going from feeling well to quite ill in a few hours)?
   • If YES, continue to #4
   • If No, go to #7

4. Are you pregnant or do you have an on-going chronic medical problem (e.g. diabetes, asthma, immune suppression {HIV/AIDS, cancer chemotherapy}, heart or kidney disease?
   • If YES, go to #6
   • If No, continue on to #5

5. Do you have trouble breathing, chest pain, rash, neck pain, abdominal pain, severe or persistent vomiting, confusion or dizziness, or painful urination?
   • If No, continue to # 8
   • If YES to ANY question in #5, call your health care provider or Medical Services at (208) 426-1459 (answered 24/7).

6. You should be evaluated by your health care provider or Medical Services at (208) 426-1459 (answered 24/7).

7. The illness may be influenza or another respiratory virus. You should stay home, rest, drink fluids and take acetaminophen or ibuprofen as needed. Obtain a thermometer. When your temperature is normal (98.6°F or 37°C) for 24 hours, you may return to work or school.

8. There is a high likelihood that you have influenza. Continue to monitor yourself for symptoms listed in #5. Follow #7 for self-care and return to usual activity advice.

THE SELF ASSESSMENT TOOL IS DESIGNED TO HELP YOU DECIDE WHEN YOU SHOULD SEE A MEDICAL PROFESSIONAL AND WHEN TO STAY HOME FROM WORK OR SCHOOL. If you still feel that you need to seek medical attention, call your health care provider or Medical Services at (208) 426-1459 (answered 24/7).