

**Flu Self-Reporting System Process**

Student logs in to OneStop and clicks on the Flu Self-Reporting link.

**East Carolina University Flu Self-Reporting Form**

Faculty require illness verification *PRIOR TO* students missing exams or assignments in order to reschedule exams or provide arrangements for making up missed work! This self-reporting form does not supersede any academic policy within a faculty syllabus.

If you are feeling ill and believe you have the flu, successfully log in and complete this self-reporting form and follow the instructions provided.

This process is intended to

- Help you report your illness and to notify your instructors
- Generate an email confirmation for you showing that you have reported your illness
- Reduce exposure to well students, faculty and staff
- Help the university track the number of ill students
- Provide a link to the [ECU H1N1 Website](#) for additional H1N1 information

This website was developed specifically for the reporting of influenza like illness (symptoms listed on the next page). In order to preserve the integrity of, and confidence in, this system it may not be used to report any other types of illness or injury. Faculty members have been asked to consider possible influenza illness as an excused university absence and to honor this reporting site as their official notification.

Students using the website may be contacted directly for verification and follow-up. The Dean of Students will be notified of any student that uses the website **more than once per academic year**.

**NOTE!! Misuse of the reporting site may violate the Code of Student Conduct and could result in university disciplinary action.**

**Disclaimer:**

The information contained in this website is provided as a student service by East Carolina University. It is posted for informational and educational purposes only. Nothing contained in these pages is intended to be for medical diagnosis or treatment, nor is this self-reporting form being submitted to any medical or health professional. Although every effort is made to ensure that this material is accurate and up-to-date, it is provided for the convenience of the user and should not be considered definitive. If you have questions or concerns about your health, please contact your doctor or other health care provider. To contact the ECU Student Health Center, please call 252-328-6481. The self-reporting service is intended to help the University respond to outbreaks of flu that affect the campus community.

Proceed

## East Carolina University Flu Self-Reporting Form

### Symptoms

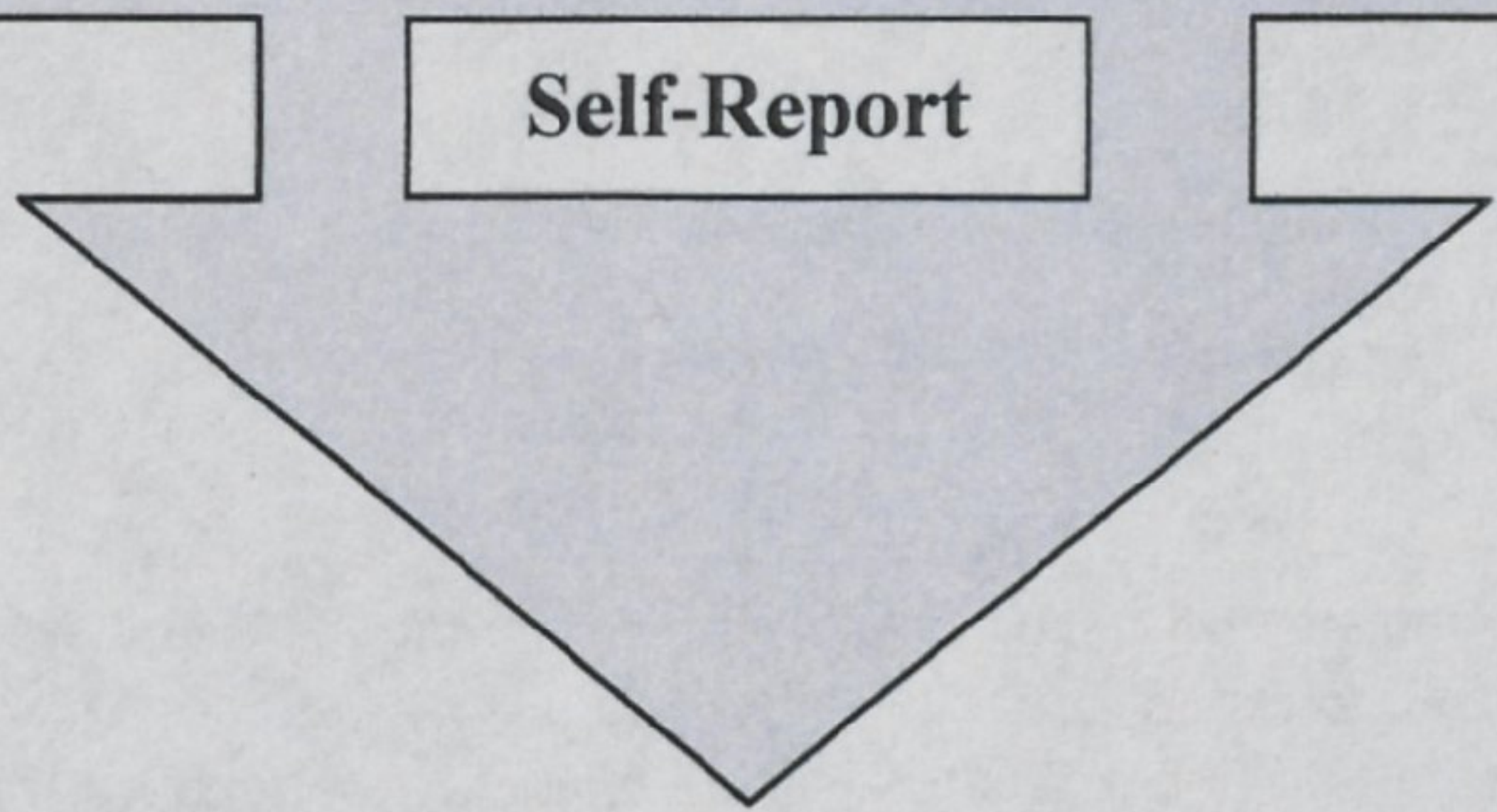
Do you think you have the flu?

Symptoms usually have a rapid onset and include:

- Fever
- Body aches
- Sore Throat
- Cough
- Headache
- Runny or stuffy nose
- Fatigue

If you are currently experiencing these symptoms and believe you have the flu, click below to submit your self-report of illness.

**Self-Report**



## East Carolina University H1N1/Flu Self-Reporting Form

### Authorization

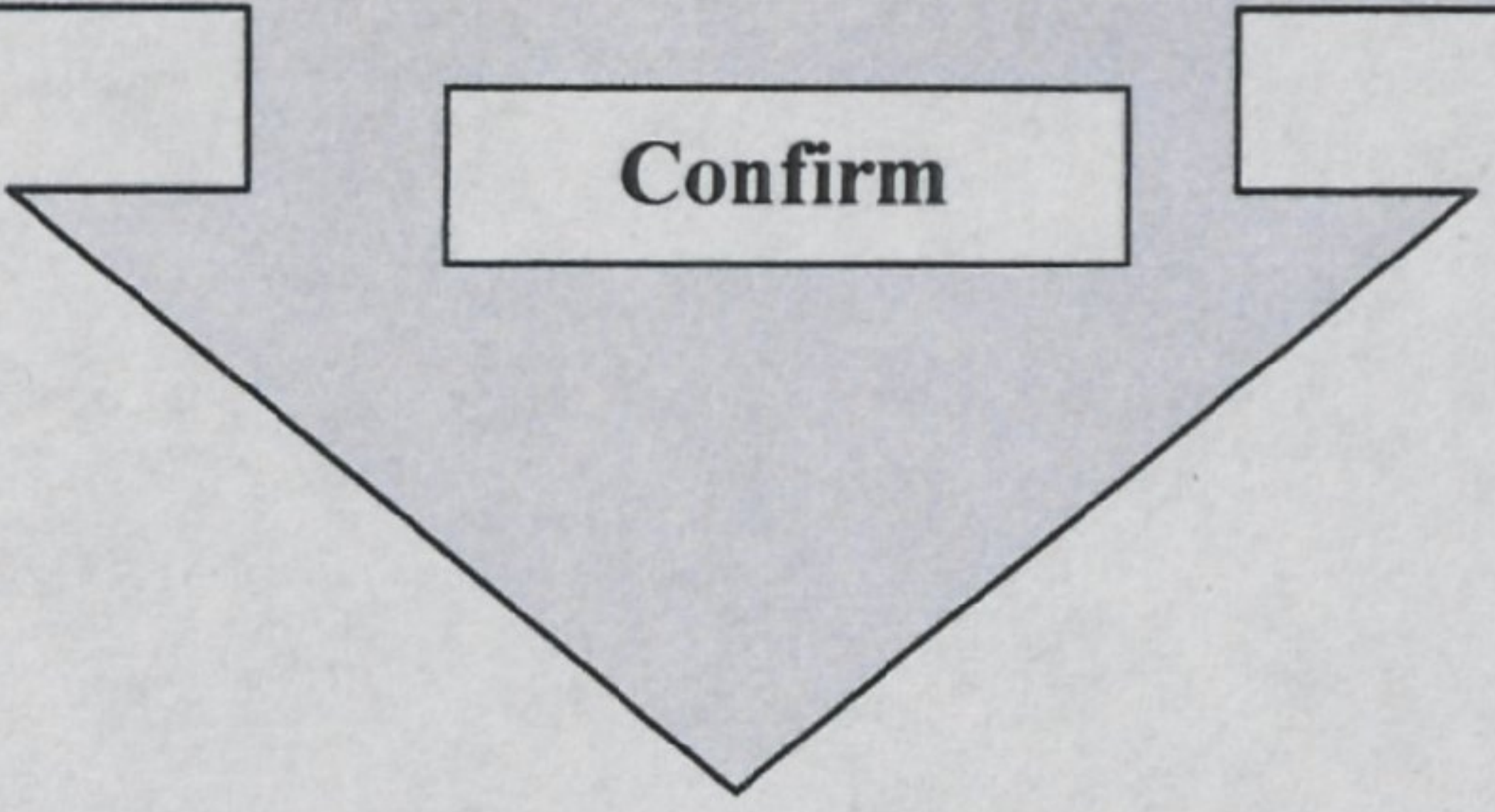
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**Confirm**



**East Carolina University H1N1/Flu Self-Reporting Form****Confirmation!!**

An email has been sent to you as well as each faculty member/instructor on your schedule through One Stop. This self-reporting form will be valid for 72 hours from the time of submission.

**Educational Information for Fighting and/or Recovering from the Flu****Influenza Information**

Influenza (Flu) is a contagious virus spread person to person through coughing or sneezing. You can also get the virus from touching items—such as a telephone, door handle or other commonly used surface—that a sick person has touched.

- Symptoms of Influenza include rapid onset of fever, body aches, sore throat, cough, headache, runny or stuffy nose and fatigue;
- Most people will experience mild to moderate symptoms and do not need to seek medical attention;
- Call a health care provider if you are pregnant, immune compromised or have an underlying chronic medical condition such as asthma, diabetes, heart or kidney problems;
- Report any severe symptoms such as wheezing, fever above 102 degrees, inability to put your chin to your chest or if you are unable to drink liquids;
- If you do feel ill, it is important that you stay home and away from others to help stop the spread of the virus;
- Do not return to class, work or social settings until you have been fever free for at least 24 hours (without the use of Tylenol/Ibuprofen or other fever reducing medications);
- Sneeze or cough into your sleeve or a tissue to help contain germs. Promptly discard used tissues and wear a mask if you are coughing and must be around other people.

**Treatment for Influenza**

- Flu is caused by a virus, so antibiotics will not help!
- Stay hydrated by drinking clear liquids.
- Rest as much as possible.
- Take Tylenol or Ibuprofen for aches and fever. Cough suppressants and decongestants may also help with symptom relief.
- Keep a supply of foods on hand that are easy to prepare (i.e. soup). If you have a meal plan and would like another student to go get you food at the dining hall, click here to obtain a "[Get Well Buddy Form](#)"
- Have other questions about Influenza? Email [h1n1questions@ecu.edu](mailto:h1n1questions@ecu.edu)

**Links of Interest for More Information**

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| Flu.gov                    | <a href="http://www.flu.gov">www.flu.gov</a>                             |
| ECU Influenza Website      | <a href="http://ao.ecu.edu/h1n1info/">http://ao.ecu.edu/h1n1info/</a>    |
| ECU Student Health Service | <a href="http://www.ecu.edu/studenthealth">www.ecu.edu/studenthealth</a> |