

HOPE COLLEGE ILLNESS GUIDELINES

The following guidelines are to be used by Students, Staff, Faculty and Administrative personnel

Stay Home*

If your temperature is between 100°F and 102°F

- Get bed rest.
- Push fluids.
- Use acetaminophen or ibuprofen to help control fever and aches. Please follow the dosing guidelines on the package to avoid overdosing.
- Over the counter medication is available at the Hope Health Center for students. Fees may be placed onto your student account.
- We discourage the use of aspirin for fevers due to the risk for Reye's Disease.
- Do not go to class, extracurricular activities, church, jobs, athletics, internships, group functions or meetings!
- Students on the Hope food plan may request a sick tray. *Do not go to the dining hall when you are ill!*
 - Blue "sick tray" cards are available from your RA or RD.
 - Complete the card.
 - A friend may take the sick tray card to the dining hall to obtain your *take-out food*.
 - You may also call x7930 to have your sick tray delivered to your room.

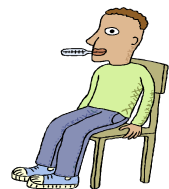
You may return to work/class/activities

**Once your temperature has stayed below 100°F for
24 hours without the use of fever reducing medications!**

Contact the Hope Health Center (students only) or your medical care provider if you have any of the following symptoms:

- If your temperature is 102°F or higher.
- You have difficulty with breathing.
- Pain or pressure to your chest.
- Severe or persistent vomiting.
- Severe headache – worst headache you have ever had!
- Unable to lower your chin down to your chest.
- Confusion!
- Flu symptoms improved, but then returned with fever and a worse cough.

Disposable thermometers will be available through your RD or the Hope Health Center



***HOME means your house or your residential hall room!**

→ Students are responsible for notifying professors if they will be missing class due to an illness.

See the Hope Health Center website for the college out-of-class policy

