

START HERE

INFLUENZA SELF-SCREENING QUESTIONNAIRE

The Ashe Center
(310) 825-4073
www.studenthealth.ucla.edu

1. Have you had a fever of 100F (37.7C) or higher? Or have you had shaking chills or night sweats?

NO → Your illness is unlikely to be influenza but may be another virus. If you have significant concerns about your illness, please contact your Primary Care Provider (PCP). Otherwise, you may care for your illness with rest, plenty of fluids, & follow-up as needed. If you develop a fever greater than or equal to 100F & symptoms of sore throat or cough, please repeat this self-screening questionnaire.

YES →

2. Have you had symptoms of sore throat or cough?

NO → Your illness is unlikely to be influenza but may be another virus. If you have significant concerns about your illness, please contact your Primary Care Provider (PCP). Otherwise, you may care for your illness with rest, plenty of fluids, & follow-up as needed. If you develop a fever greater than or equal to 100F & symptoms of sore throat or cough, please repeat this self-screening questionnaire.

YES →

3. If you have any of the following symptoms, please seek medical care immediately:

- Trouble breathing
- Rash
- Severe headache with blurred vision or vomiting
- Mental changes e.g. confusion, not responding
- Neck or back stiffness
- Severe abdominal pain

If you **do not** have any of the above symptoms, go to ITEM 4.

NO → Your illness is unlikely to be influenza but may be another virus. If you have significant concerns about your illness, please contact your Primary Care Provider (PCP). Otherwise, you may care for your illness with rest, plenty of fluids, & follow-up as needed. If you develop a fever greater than or equal to 100F & symptoms of sore throat or cough, please repeat this self-screening questionnaire.

YES →

Seek medical care immediately.

If you feel that this is a life-threatening emergency, please call 911 or go to the nearest emergency room. Otherwise, please come to the Ashe Center for care during our normal hours of operation:

Mon-Thurs 8am to 6:30pm
Fri 9am to 6:30pm

Make an appointment online via our website: www.studenthealth.ucla.edu OR by phone at (310) 825-4073.

4. Are you pregnant?

If YES, please contact a medical provider.
If NO, go to ITEM 5.

NO →

5. Do you have a chronic illness?
This includes asthma, diabetes, liver disease, & others.

If YES, please contact a medical provider.
If NO, go to ITEM 6.

NO →

6. Do you have any of the following symptoms?

• Trouble drinking enough fluids	▪ Severe sinus pain
• Fever lasting longer than 72 hours	▪ Wheezing
• Sore throat increasing in pain after 3 days	▪ Chest pain
• Ear pain or discharge from ears	▪ Painful urination

If YES to any of the above symptoms, please contact a medical provider.
If NO, see below.

NO →

It is likely that your symptoms indicate influenza infection. Most people with this infection recover within 1 week. According to information you have given, you are considered to be a low-risk for complications from influenza, & an antiviral medication is NOT needed. You may care for your illness with rest, plenty of fluids, & acetaminophen or ibuprofen as needed to treat fever & achiness. You are potentially contagious to others; please stay home (& away from others as much as possible) for at least 24 hours after you no longer have a fever or signs of fever without the use of fever-reducing medicine. If your symptoms worsen or you have any concerns, please seek medical care or contact your Primary Care Provider (PCP).

Contact a medical provider.

During Ashe business hours, you can contact the Ashe Advice Nurse Phone Line at:

(310) 825-4073 option 2, option 1

If the Ashe Center is closed, you may contact the *Nurseline* to speak with a registered nurse at:

(866) 704-9660

The Ashe Center is here for you. Please feel free to visit our "H1N1 Information Page" for helpful tips and more information.