

Know your Symptoms: Respiratory illnesses and fever

Colds, flu, pneumonia, and meningitis can have similar symptoms. Read below what's best to do:

↓ Symptoms	No need to go to University Health Center ↓ Take care of yourself	If University Health Center is closed please go to our website and click on After Hours/Emergency for medical care in the community. ↓ Call the Health Center for an appointment
Sore throat	<ul style="list-style-type: none"> • Scratchy throat • Can swallow liquids • Minor swelling (glands) 	<ul style="list-style-type: none"> • Inability to swallow liquids • White/yellow spots in throat • Increased pain after 3 days
Fever	<ul style="list-style-type: none"> • Less than 101° F 	<ul style="list-style-type: none"> • Higher than 101° F for three days • Shaking chills
Cough	<ul style="list-style-type: none"> • Dry cough 	<ul style="list-style-type: none"> • Chest pain • Wheezing • Shortness of breath • Foul smelling, brown or bloody phlegm
Runny nose and sneezing	<ul style="list-style-type: none"> • Relatively clear or yellow drainage • Mild sinus or facial discomfort 	<ul style="list-style-type: none"> • Foul smelling, brown, or bloody mucus • Severe sinus or facial pain
Headache	<ul style="list-style-type: none"> • Mild pain or pain that improves with non-prescription pain reliever (acetaminophen, naproxen or ibuprofen) and oral hydration 	↓ Get Medical Care IMMEDIATELY if headache +
		<ul style="list-style-type: none"> • Blurred vision, or severe dizziness • Persistent severe vomiting • Severe stiffness in neck or back • Mental agitation or confusion • Severe headache with fever greater than 101° F and rash anywhere on body
Body ache	<ul style="list-style-type: none"> • General aches 	<ul style="list-style-type: none"> • Persistent abdominal pain
Fatigue	<ul style="list-style-type: none"> • General tiredness 	<ul style="list-style-type: none"> • Excessive fatigue; can't stand up
Earache	<ul style="list-style-type: none"> • Stuffy or clogged ear 	<ul style="list-style-type: none"> • Pain or discharge from ears

When you should see a medical professional *immediately* (if the University Health Center is closed please go to our website and click on After Hours/Emergency for medical care in the community):

- If you are unable to stand or have confused thinking.
- If your temperature is greater than 104° F, or if you have difficulty breathing.
- If you are unable to take fluids or if you have not urinated for more than 12-16 hours.
- If you have a headache and fever associated with persistent, severe vomiting with or without a rash.
- If you have flu symptoms and you have potentially complicating chronic medical conditions.

Appointments & After-Hours Nurse Advice Line

(541) 346-2770

<http://healthcenter.uoregon.edu>