









WHEN TO SEEK MEDICAL CARE

	Symptom	Consider Self Treatment	Seek Medical Care
	Sore Throat	<ul style="list-style-type: none"> • Scratchy, sore throat • Can swallow liquids • Minor Swelling or neck glands 	<ul style="list-style-type: none"> • Difficulty swallowing liquids • White or yellow spots in throat • Increased pain after 3 days
	Fever	Less than 101°F	<ul style="list-style-type: none"> • Greater than 101°F for more than 3 days • Fluctuating above 101°F several times a day • Shaking chills
	Cough	Dry cough	<ul style="list-style-type: none"> • Foul smelling, brown or bloody phlegm • Persistent cough • Chest pain • Wheezing • Shortness of breath
	Runny nose, sneezing	<ul style="list-style-type: none"> • Relatively clear drainage • Mild sinus and/or facial discomfort 	<ul style="list-style-type: none"> • Foul smelling, brown or bloody drainage • Severe sinus and/or facial discomfort
	Headache	<ul style="list-style-type: none"> • Mild pain • Pain that improves with non-prescription reliever (e.g. acetaminophen, ibuprophen) 	<ul style="list-style-type: none"> • Blurred vision, dizziness, nausea or vomiting • Neck or back stiffness • Mental changes (e.g. agitation or confusion)
	Body Ache	General aches	Persistent pain in abdomen
	Fatigue	General tiredness	Excessive fatigue
	Earache	Stuffy or clogged ears	Pain or discharge from ears

BYU-I STUDENT HEALTH CENTER

Hours of operation: 8:00 am to 5:00 pm Monday through Friday (closed on Holidays)