What to do if you have the flu!

In this document, you will find:

Section 1: Logistics for requesting Meals during Flu Season

Section 2: GI-like symptoms – Recommended Isolation Menu

Section 3: Non-GI Symptoms – Available Menu*

*kosher and vegetarian/vegan options available as well
SECTION 1: Logistics for Requesting Meals

Getting the flu or any variation of it is no fun.

To support students on meal plan who are sick, Penn Dining will have daily meals available for pick up at 1920 Commons, English House, Hill House, and McClelland. Kosher meals must be picked up at 1920 Commons.

Request meals ahead of time to pick up meals:

Please contact the manager or chef one meal period prior to pick-up.

Information is on Penn Dining Website:
http://upenn.edu/dining

If you cannot pick up a meal:

For students/staff with Gastro-Intestinal symptoms (vomiting, diarrhea, upset stomach), it is important to stay hydrated. It may be difficult to leave your room if you have GI symptoms. If you are in isolation and staying in your room with GI symptoms, a student or staff member may request meals to be picked up by a roommate or a friend.

If you are picking up your own meals, e.g., if you do not have GI symptoms or are not in isolation, please check-in at the cashier station.

If a friend or staff member is picking up isolation meals; that person will need to provide the name and residence of the ill student or staff member. Three meal swipes will be debited to the ill student’s account.

The person picking up meals will receive three meals: breakfast, lunch and dinner.

If the student or staff member does not have a meal plan, a charge will be added to the ill student or staff member’s bursar account.
SECTION 2: GI-like Symptoms

For students with GI symptoms (vomiting, diarrhea, upset stomach), adequate hydration is the main objective during illness with GI symptoms.

The following menu will provide adequate fluids with 1500 calories per day and can be followed up to three days. Students with symptoms lasting longer than three days should consult their physician before continuing for a longer period of time.

Daily Recommended Isolation Menu
(One meal swipe consists of:)
20 oz. Bottled Powerade
20 oz. Bottled Ginger Ale
Cup of Chicken Noodle or Vegetable Soup
Saltine Crackers
Two Bananas
Cup of Oatmeal
Two hot tea bags

SECTION 3: Non-GI Symptoms:

Breakfast: (One meal swipe)
(Choose one from each category)
- Cup of Oatmeal, OR Pop Tart package
- Chobani Yogurt, Granola Bar, OR Hand Fruit
- Bottled Water, Small Tropicana Juice, OR Tea Bag

Lunch/Dinner: (One meal swipe)
(Choice of 1 Entrée, 2 Sides, 1 Beverage)
- **Entrée**: Dr. McDougal Soup (chicken flavored pilaf (vegan), minestrone, split pea), Reds Burrito (steak, chicken, turkey), Michael Angelo Pasta Bowl (vegetable lasagna, chicken parmesan, chicken broccoli alfredo)
- **Sides**: Chips, Hand Fruit, Chobani Yogurt, Granola Bar
- **Beverages**: Coke beverage, Bottled Water, Small Tropicana Juice, OR Tea Bag
Kosher Options: (One meal swipe)
Breakfast (Choose one from each category)
- Cup of Oatmeal, Luna Bar, Clif Bar, OR Hand Fruit
- Chobani Yogurt
- Coke Beverage, Bottled Water, Small Tropicana Juice, OR Tea Bag

Lunch/Dinner (One meal swipe)
(Choice of 1 Entrée, 2 Sides, 1 Beverage)
- **Entrée**: Traditional Soup Cup (tomato, vegetable, chicken), Michael Angelo Pasta Bowl (vegetable lasagna, chicken parmesan, chicken broccoli alfredo)
- **Sides**: Chips, Hand Fruit, Luna Bar OR Clif Bar
- **Beverages**: Coke beverage, Bottled Water, Small Tropicana Juice, OR Tea Bag

Vegetarian/Vegan Options: (One meal swipe)
Breakfast (Choose one from each category)
- Cup of Oatmeal, Luna Bar, Clif Bar, OR Hand Fruit
- Chobani Yogurt
- Coke Beverage, Bottled Water, Small Tropicana Juice, OR Tea Bag

Lunch/Dinner: (One meal swipe)
(Choice of 1 Entrée, 2 Sides, 1 Beverage)
- **Entrée**: Dr. McDougal Soup (split pea, chicken flavored pilaf (vegan), tortilla soup)
  Michael Angelo Pasta Bowl (vegetable lasagna)
- **Sides**: Chips, Hand Fruit, Luna Bar, OR Clif Bar
- **Beverages**: Coke beverage, Bottled Water, Small Tropicana Juice, OR Tea Bag