IT'S FLU SEASON!!

STUDENT HEALTH CENTER

WHAT IS IT?
The flu is an infection caused by influenza virus that can spread from one sick person to another.

WHAT ARE THE SIGNS AND SYMPTOMS?
* Fever over 100.4
* Sore throat
* Runny/Stuffy nose
* Chills
* Tiredness
* Bodyaches/Headaches
* Cough

HOW TO PREVENT THE FLU?
* The flu vaccine can help prevent you from getting the flu or make your flu like symptoms less severe.

* Try to avoid close contact with sick people.

* Practice good hand hygiene by washing your hands often with soap and water or using an alcohol-based hand sanitizer.

WHAT IF I GET THE FLU?
If you are diagnosed with the flu, you MUST leave campus until your temperature is less than 100*F and have been off fever reducers for at least 24hrs.

Rest, drink plenty of fluids and take Acetaminophen (Tylenol) or Ibuprofen (Motrin) to help reduce fever and relieve bodyaches.