

**FLU HOTLINE 348-9184**

## Cold or Flu?

SYMPTOMS	COLD	FLU
<b>Fever</b>	Less than 100° F in adults	≥100° F; lasts 3-4 days
<b>Headache</b>	Rare	Sudden onset and can be severe
<b>Muscle Ache</b>	Mild	Usual and often severe
<b>Tiredness &amp; Weakness</b>	Mild	Can last 2 or more weeks
<b>Extreme Exhaustion</b>	Never	Sudden onset and can be severe
<b>Runny Nose</b>	Often	Sometimes
<b>Sneezing</b>	Often	Sometimes
<b>Sore Throat</b>	Often	Sometimes
<b>Cough</b>	Mild hacking cough	Usual & can become severe

### COLD & FLU

• Illnesses, like cold and flu, are often transmitted by germs. Hand washing is an effective means of eliminating germs, thereby preventing the spread of infection. Germs can settle on a variety of surfaces (door knobs, keyboards, desks, etc), some of which get on your hands first, and then get into your body when you touch your eyes, nose, or mouth.

• The flu vaccine is recommended for college students who are at high risk for catching the flu—those with chronic medical conditions such as asthma and diabetes, those who are pregnant, and those with immunodeficiency diseases like HIV infection. In addition to chronic medical conditions, students in communal living style housing (residence halls) can lessen their chances of contracting the flu by receiving the “flu shot”. Watch for notices about the flu vaccine when the SHC has it available. This covers common seasonal flu varieties. There is not yet but may be later a vaccine for H1N1. Be smart and practice good prevention habits for you and others!

### PREVENTION & TREATMENT TIPS

*\*Wash your hands often with warm water & soap\**

<u>DO's</u>	<u>DON'Ts</u>
<ul style="list-style-type: none"> <li>- Wash hands often</li> <li>- Get plenty of rest; Eat regularly and varied choices</li> <li>- Drink plenty of fluids; Stay active</li> <li>- Cover your mouth &amp; nose with a tissue when coughing &amp; sneezing</li> <li>- Please stay at home when you are sick (fever, etc.)</li> <li>- Come to the SHC within 48 hours if displaying flu symptoms</li> </ul>	<ul style="list-style-type: none"> <li>- Do not smoke &amp; avoid too much alcohol</li> <li>- Do not have close contact with those who are sick</li> <li>- Do not touch your eyes/nose/mouth with your hands without washing your hands before and after touching</li> <li>- Do not take left over antibiotics and/or outdated medicines</li> </ul>