

THE FLU IS BACK

**FEVER +
COUGH OR
SORE THROAT**

symptoms can also include:

runny nose
body aches
headaches
tiredness
diarrhea
vomiting
chills

1. AVOID OTHERS

Let your professors know and find someone to check up on you as bring you supplies

2. STAY @ HOME

Remain in your residence until you are fever free for at least 24hrs or no longer have signs of fever or flu WITHOUT use of fever reducing meds like advil, tylenol, etc.

3. WASH YOUR HANDS

Often and with soap for 30 seconds or use alcohol-based hand cleansers - esp. after coughing or sneezing

4. AVOID TOUCHING EYES, NOSE, MOUTH

These are easy places to contact germs

5. COVER YOUR MOUTH + NOSE

When coughing or sneezing w/ a tissue or elbow

6. DRINK CLEAR FLUIDS

Hydrate with water, sports drinks, broth, and electrolyte beverages for infants

CONTACT DICK'S HOUSE IF:

(a) You feel that you are getting worse, are having difficulty breathing, have an increasing fever, develop a rash or stiff neck or

(b) You are @ high risk for complications from flu (people with chronic conditions like asthma, diabetes, heart disease, pregnant women, people age 65+)

TO MAKE AN APPOINTMENT: 603-646-9401 OR HEALTH SERVICES ONLINE

Stall Street Journal

Student Health Promotion & Wellness | 3rd Floor Robo | 603-646-9414