

FLU FACTS

Symptoms:

- Similar to all types of flu
- Fever $>100^{\circ}\text{F}$, cough, sore throat, body aches, chills - most common
- Other symptoms may include-headache, fatigue, vomiting, diarrhea

If You Think You Have the Flu:

- If possible go home; consult your health care provider as needed
- If you are unable to go home, stay in your room; ask a friend to assist you with obtaining liquids and meals; drink a lot of liquids
- Take Tylenol as directed ; if you are unable to take Tylenol call your health care provider
- Always call your health provider and Health Services before going to the office
- Email your professors if classes missed
- **You must be fever free for 24 hours, without using anti-fever medication such as Tylenol, before you can resume normal activities.**

Every One Should:

- Cough and sneeze into your sleeve
- If you use tissues, dispose after use and wash your hands
- Wash your hands frequently, especially if using items in common areas, such as computers; may use alcohol based hand gel
- Avoid touching your eyes, nose and mouth

Additional Information:

<http://www.cdc.gov>