

It's Not Too Late To Get Your Flu Vaccine!

The Student Health Center, in accordance with the CDC guidelines, recommends that all students, faculty and staff get the seasonal flu vaccine. The 2010 - 2011 seasonal flu vaccine protects against: influenza A H3N2 virus, influenza B virus and the 2009 H1N1 virus that caused so much illness last season.

How To Get Your Flu Shot?

- Come to a flu shot clinic - check campus notices for dates & locations
- Students can receive a flu shot at the Student Health Center
- Employees should attend a flu shot clinic
- Cost \$20

How Do I Know If I Have A Cold Or The Flu?

- Both are respiratory illnesses, but are caused by different viruses
- The flu is generally worse than the common cold, and symptoms such as fever, body aches, extreme tiredness, and dry cough are more common and intense.
- People with colds are more likely to have a runny or stuffy nose.

How Should I Take Care Of Myself?

- Drink clear fluids such as water, broth, sports drinks, or electrolyte beverages
- Get lots of rest
- Stay home for at least 24 hours after your fever (100°F) is gone
- Use your "Flu Buddy" to help with meals, etc.
- Use over-the-counter cold and flu medications as needed to manage symptoms

Prevent Colds/Flu

- Get a flu shot.
- Use Respiratory Etiquette - Cover Your Cough!
- Cough or sneeze into your elbow.
- Wash your hands OFTEN or use a hand sanitizer.
- Keep your distance from those who are sick - stay 3 - 6 feet from those who are sick.
- Eat healthy, exercise, and avoid smoking in order to lower your chances of getting the flu.
- You are contagious 3 - 5 days after you develop symptoms.
- Don't share food, beverages, cups, or utensils.

Flu Symptoms:

- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Headaches
- Chills
- Fatigue
- Possible vomiting or diarrhea

**Call the W&L
Student Health Center
for flu advice:
540-458-8401**

Please see the CDC web site at <http://www.cdc.gov/flu> or go.wlu.edu/healthlibrary, General Health for more information about influenza.

Brought to you by the Student Health Center & Office of Health Promotion