

# IT'S FLU SEASON!!



Contact the SHC  
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Memorial Hall  
(Ground Floor)

## 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.