

**DO
I
HAVE
THE
FLU ?**

**HELPFUL PHONE
NUMBERS**

**AT UCONN
STUDENT
HEALTH:**

The Clinic 486-3427

*For Urgent &
Emergency Care*
Open 24 hours a day
Mon 8am -Sat 4pm during
fall & spring semester,
Sun 8am-
4pm.

**PHARMACY
486-0736**

**Open M-F
9am - 5pm**

**Appointment Desk
486-2719**

Open M - F
8:30am - noon,
1pm - 4pm
For appointments
with Nurse
Practitioners,
Doctors, Dieticians.

**Advice Nurse
Phone Line
486-3427**
Available 24/7
during fall &
spring
semester.

**Mental Health
486-4705**

**UNIVERSITY OF CONNECTICUT
STUDENT HEALTH
SERVICE**

234 GLENBROOK ROAD
UNIT 2011
STORRS, CT 06269-2011

PHONE (860)486-4700
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INFLUENZA

“THE FLU”

**Do you feel sick as a dog?
Read on. You may have
the flu.....**



**University of Connecticut
Student Health Service**

WHAT IS THE FLU?

- ◆ Respiratory infection caused by influenza virus
- ◆ Usually abrupt onset
- ◆ Lasts about 7 – 10 days



WHAT ARE THE SYMPTOMS?

- ◆ Chills & fever (can be high, up to 103° - 104° F)
- ◆ Headache & pain around eyes
- ◆ Muscle aches all over especially in the low back
- ◆ Severe fatigue
- ◆ Dry, hacking cough
- ◆ Congested runny nose & sneezing
- ◆ Sore throat



HOW DO I TREAT THE SYMPTOMS?

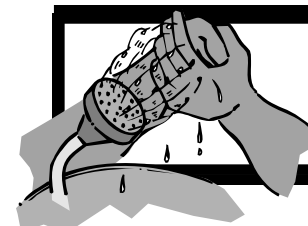
- ◆ **The flu is a viral infection. Antibiotics only kill bacteria & will NOT cure the flu!**
- ◆ Rest at home to recuperate & decrease spread to others
- ◆ Drink lots of fluids.
- ◆ Avoid cigarettes, caffeine, & alcohol.
- ◆ Symptom medications as needed:
 - * Pain relievers – acetaminophen (Tylenol®), ibuprofen (Advil®, Motrin®), naproxen (Aleve®). *NOTE:* avoid aspirin. A rare but serious disorder called Reye's Syndrome is associated with the use of aspirin during the flu, especially for people under 18.
 - * Decongestants – for stuffy nose, sinuses, & ears
 - * Antihistamines – for runny nose
 - * Cough suppressants
- ◆ Prescription flu medicines:
 - These may prevent or decrease flu symptoms & must be started right after exposure or symptoms start. They only decrease symptoms by about 1 day so are not often given to young healthy people.



SEEK MEDICAL ATTENTION IF YOU HAVE:

- ◆ Coughed up blood or thick pus-like mucus
- ◆ Severe or persistent abdominal pain
- ◆ Difficulty breathing or bad chest pain
- ◆ Chronic illnesses such as diabetes, asthma or other lung diseases, heart or kidney diseases

PREVENT THE FLU !



- ◆ WASH HANDS FREQUENTLY DURING FLU SEASON especially when you are sick or contact someone else who is sick.
- ◆ Practice good health habits – adequate rest, proper nutrition, plenty of water, regular exercise – to keep your immune system & whole body healthy.
- ◆ Avoid crowds in flu season.
- ◆ Get a flu shot each year, especially if you:
 - * Have chronic diseases such as diabetes, asthma, or immune dysfunction
 - * Are over 55 years old
 - * Work in health care or as a