

## What to do when you have the FLU!

### What is the flu?

Influenza (commonly called “flu”) is a contagious respiratory illness caused by influenza virus.

### Flu symptoms:

*Influenza usually starts suddenly and may include:*

- \*Fever
- \*Headache
- \*Tiredness (can be extreme)
- \*Cough
- \*Sore throat
- \*Runny or stuffy nose
- \*Body aches
- \*Diarrhea and vomiting



### Protection against the flu:

The best way to protect yourself against influenza is to get a flu shot each year. The flu shots are given at the SCC and are free under the Student Health and Wellness Fee.

### What to do if you get sick:

Once a person has the flu, there are things you should do to make yourself feel better:

- \*Try to relax and get plenty of rest
- \*Drink plenty of fluids like juice and water but not alcohol
- \*Medicine such as aspirin or acetaminophen can bring down your fever, which might help with aches and pains. (Do NOT give aspirin to children)
- \*Take all of the medications prescribed by your primary care provider
- \*Do not smoke if you are sick with the flu. Influenza is a respiratory illness that can infect your lungs, as well as your nasal passages. Smoking also bothers these same areas.

### Habits for Good Health

*These steps may help prevent the spread of respiratory illnesses such as the flu:*

- \***Cover your nose and mouth** with a tissue when you cough or sneeze.
- \***Wash your hands often with soap and water**
- \***Avoid close contact with people who are sick**
- \***If you get the flu, stay home from work, school, and social gatherings**
- \***Try not to touch your eyes, nose or mouth.** Germs can often spread this way

*If you have any other questions regarding the flu, please call the SCC Nurse Line  
(773) 702-1915*