

Seasonal Flu & H1N1 Flu



Prevention

- Get flu shots.
- Wash your hands frequently with soap and water for 15-20 seconds or use alcohol-based hand sanitizer...rub your hands until dry!
- Wash or sanitize hands before eating or touching your eyes, nose, or mouth
- Avoid close contact with sick people.
- Cough and sneeze into your shirt sleeve or elbow. If you use tissue, don't re-use it and be careful to dispose correctly.

Be Prepared

- Have over-the-counter medications on hand to treat cold/ flu symptoms: ibuprofen, acetaminophen, decongestants, nasal saline, cough medicine and diarrhea (loperamide) medicine.
- Have a supply of alcohol-based hand sanitizer and tissues.
- Since you should not go into public places like food courts, coffee shops, and grocery stores when you're sick, make sure that you have extra water and non-perishable food on hand.
- Make plans with friends to help each other if one of you gets sick and cannot go to the grocery, pharmacy, or dining areas.
- Plan to go home if you become sick. If that's not possible, you should stay away from others, don't go to work or classes or public gatherings. If you can't leave campus and don't have a private room, contact your residence hall staff for advice.

For updates and more information on seasonal and H1N1 Flu:

- louisville.edu/campushealth - Your on-campus resource for information and services. View the hilarious streaming DVDs...who knew that staying healthy could be so fun!
- www.cdc.gov/h1n1flu and - www.flu.gov

CALL If You Have Symptoms

Flu-like symptoms are: fever, body aches, runny/stuffy nose, sore throat, cough, nausea and vomiting, and diarrhea. If you have mild or moderate symptoms, we may be able to provide healthcare advice on the phone and call your pharmacy if prescriptions are needed.

If you have symptoms, contact Campus Health Services or your primary physician by phone before going to the office.

Mild cases of flu may be best treated at home with over-the-counter medicines and rest. Of course, we will care for you in the clinic as needed during your illness.

- **Campus Health Belknap 852-6479**
- **Campus Health HSC 852-6446**

- The CDC advises people with symptoms to stay away from others and public places and avoid social activities such as school, work, travel, shopping, social events, and public gatherings. Sick people should stay away from others and public places until they have had no fever for 24 hours without the use of fever reducers or until body and joint aches are gone.
- Protect others if you get sick by covering your cough or sneeze with your sleeve and not your hand. Wash your hands after coughing or sneezing and any time you touch your eyes, nose, or mouth. Stay at home away from others, unless you must leave to seek medical care.

Seek Immediate Medical Care! If you have:

- Difficulty breathing or shortness of breath
- Pain or pressure in your chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms that improve but then return with fever and worsening cough

