







HOOS KEEPING WELL

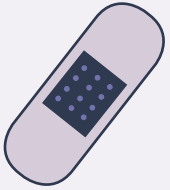
Getting sick at school is tough, but there are strategies to try and prevent illness, manage symptoms, and get better soon.

Distinguishing Between Cold and Flu

Symptoms of the cold and flu can often look a lot alike. The most significant difference is that flu symptoms appear suddenly and cold symptoms appear gradually.

| symptoms | cold | flu |
|--|----------|-----------|
|  chills | uncommon | common |
|  sore throat | common | sometimes |
|  headaches | uncommon | common |
|  sneezing | common | sometimes |
|  fever | uncommon | common |
|  stuffy nose | common | sometimes |

severity of symptoms: uncommon sometimes common

HOO? KNEW? Over half of UVA students received a flu shot.* 

Getting Better

- Prioritize rest and stay hydrated
- Communicate with professors as soon as possible about absences or extensions on assignments
- With your student ID and a signed note from you, a friend can pick up a to-go-meal bundle of juice, broth, Jell-O, and crackers from any of the dining halls

Drinking alcohol when sick or tired weakens the immune system, interferes with sleep patterns, and increases risk of negative consequences. **Mixing alcohol with medications can have harmful effects.**

*From the February 2018 National College Health Assessment with responses from 603 UVA students.

† From the February 2017 Health Survey with responses from 1,010 UVA students.

Want this poster for your room?

Feel free to take me home February 10th-14th. Please be kind to our frames!

Talk to us at StallSeatJournal@virginia.edu

Follow us on Instagram @ [stallseatjournal_uva!](https://www.instagram.com/stallseatjournal_uva/)

Prevent Illness

- + Get enough **quality sleep**
- + **Eat nutritious meals** and avoid sharing cups and utensils
- + **Wash your hands often** and avoid contact with sick people
- + Get a **flu shot each year**

Take Care of Yourself

Taking a break when sick can be difficult, but it is necessary to get better! Try these tips when sick to feel better faster:

- **REST** more than you normally would to give your body time to recover
- **DRINK** plenty of fluids like water and Gatorade
- **ASK** your pharmacist which over the counter medications would best relieve your symptoms

Should I go to Student Health?

Be sure to seek medical care if you experience **severe or progressive symptoms**, your symptoms **reoccur or worsen** after having improved, or if you have a condition that places you at **high risk for other complications**.

Visiting Student Health

How to make an appointment

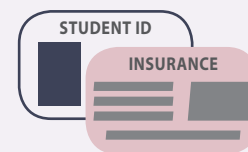


Call (434) 924-5362

Visit: healthyhoos.virginia.edu

What to bring

- Student ID
- Health insurance card (for labs, referrals, or medication)
- List of allergies and current medications



Where are we located

Elson Student Health

400 Brandon Avenue
(behind New Cabell and Wilson Hall)

Medical appointments will be on the **first floor** of student health

8am-5pm M-F
(434) 924-5362
studenthealth.virginia.edu



HOO? KNEW? 75% of UVA students who drink avoid alcohol when sick or tired.† 