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

**DISTINGUISHING BETWEEN THE COMMON COLD AND FLU**

**COLD**
- **Symptoms**
  - Nasal congestion
  - Sore throat
  - Cough
- **Self Care**
  - Relieve discomfort with over-the-counter medications if needed.

**FLU**
- **Symptoms**
  - Fever (>100.4 F)
  - Body aches
  - Symptoms are usually sudden and more severe.
- **Self Care**
  - Avoid activities and people until fever-free (without medication!) for 24 hours.
  - Reduce fever and manage aches with acetaminophen (Tylenol) or ibuprofen.

**Should I go to Student Health?**
Be sure to make an appointment 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**
Student Health offers counseling, disability accommodations, general medicine, gynecology, and more.

**WHAT TO EXPECT FOR MEDICAL SERVICES**
- For urgent concerns, speak with a triage nurse over the phone.
- Appointments can be made over the phone or online. Referrals are made when needed for specialty care.

*Please note: Student Health does not provide doctor’s notes for short-term illnesses.*

**WHAT TO BRING**

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

**WHERE ARE WE LOCATED?**
**Elsin Student Health**
400 Brandon Ave. (behind New Cabell and Wilson Hall)
8AM-SPM M-F: (434) 924-5362
For urgent concerns after hours: (434) 297-4261
studenthealth.virginia.edu

**GETTING BETTER**
- Prioritize rest and stay hydrated
- Communicate with your professors if you need extensions on assignments or other accommodations, the sooner the better!
- Ask a friend for help! With your student ID and a signed note from you, they can pick up to-go meals or flu bundles (juice, broth, jello, crackers) from O’Hill, Newcomb or Runk.

**LIMIT ILLNESS BY TAKING CARE OF YOURSELF**
- Get enough quality sleep and eat nutritious meals regularly.
- Wash hands often, and avoid contact with sick people.
- Avoid sharing cups and utensils.
- Get a flu shot every year.

**REMINDER**
Drinking alcohol while sick or tired can weaken the immune system, heighten the effects of alcohol, and increase risk of negative consequences. Mixing alcohol with medications can have harmful effects.

*From the February 2017 Health Survey with responses from 1,010 UVA students
**From the February 2018 National College Health Assessment with responses from 603 UVA students

*Original student poster created by: Elizabeth Lee, Class of 2021
Edited by: Helina Sirak, Class of 2019

**talk to us at StallSeatJournal@virginia.edu**

Want this poster for your room? Feel free to take me home February 11-15.