

HOOS KEEPING WELL

STALL SEAT JOURNAL

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

COLD

FLU

DISTINGUISHING BETWEEN THE COMMON COLD AND FLU

Symptoms

- Nasal congestion
- Sore throat
- Cough

Self Care

Relieve discomfort with over-the-counter medications if needed.

Common Symptoms

- Cough
- Sore throat
- Nasal congestions
- Symptoms possibly last up to two weeks.

Common Self Care Strategies

Stay home, rest, and drink plenty of fluids

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

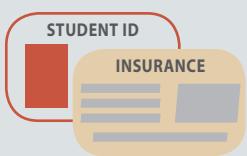
Student Health offers counseling, disability accommodations, general medicine, gynecology, and more.

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?

Elson Student Health

400 Brandon Ave. (behind New Cabell and Wilson Hall)
8AM-5PM 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.

* 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

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Department of Student Health
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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

3/4 UVA students who drink avoid alcohol when sick or tired. *

HOO KNEW?

MOST UVA students get a flu shot. **

HOO KNEW?

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.**

Talk to us at StallSeatJournal@virginia.edu
Want this poster for your room? **Feel free to take me home February 11-15.**