

Getting sick away from home can be tough, but you can help prevent illness, manage any symptoms, and get better as quickly as possible.

### Taking care of yourself helps prevent getting sick:



- Avoid close contact with sick people.
- Get a flu shot every fall (available at Student Health and the best protection against flu for you and others).
- Get enough quality sleep.
- Eat a balance of foods.
- Wash hands often.
- Avoid sharing cups and utensils.

### Help deal with illness by being prepared:

- Gatorade or ginger ale.
- Saltine crackers.
- Acetaminophen or ibuprofen (i.e., Tylenol, Advil).

These are available at UVA Dining convenience stores and on the Corner.



Coughing or sneezing into your elbow or a tissue helps prevent spreading germs.

## Distinguish Between Cold and Flu

### Symptoms

**Cold**  
Typical symptoms include sore throat, nasal congestion, and cough. Can last up to two weeks.

**Flu**  
Similar to a cold, but with fever (>100.4°F) and body aches. Symptoms are usually sudden and more severe.

### Self-Care

- Rest!
- Drink fluids.
- Relieve discomfort with over-the-counter medications if needed.

- Stay home, rest, and drink plenty of fluids.
- Avoid activities and people until fever-free (without medication!) for 24 hours.
- Keep fever down and manage pain with acetaminophen or ibuprofen.

### Go to Student Health?

**Not typically**, but do make an appointment for a cold with any of these:

- Fever for more than three days.
- Chest pain or shortness of breath.
- Symptoms lasting longer than two weeks without signs of improvement.

**Yes, make an appointment.**  
Prescription antiviral medication may help shorten the flu. Also call if you were getting better but suddenly get worse again.

With a cold or the flu, antibiotics are not prescribed because they don't work for viruses (the cause of cold and flu), and they can actually make things worse.

If sick, ask a hallmate 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 Dining.

"Being sick can make you miss home. It's okay to call your parents or grandparents as a pick me up."  
-M.S., CLAS 2019

Drinking alcohol when sick or tired can weaken the immune system, cause a person to feel more effects from drinking (due to less efficient processing of alcohol), and increase risk of negative consequences. Plus it just feels horrible.

**HOO KNEW?**  
3 out of 4 UVA students who drink avoid drinking when sick or tired.\*

Want this poster for your room? Feel free to take me home Jan. 16 – 20.

\*From the Spring 2015 Health Survey with responses from 931 UVA students

## Care at Student Health

Student Health offers general medicine, counseling and psychiatry, gynecology, disability access, nutrition, allergy, substance abuse prevention and recovery, peer education, travel health, lab, and pharmacy services.

Visits with healthcare providers are FREE!

### Tips for smooth care:

- For urgent concerns or if unsure what to do, you can **speak with a triage staff over the phone.**
- **Appointments** made via phone or online help you get seen in a timely manner. Referrals are made for specialty care when needed.

### What to bring:

- Student ID card
- Insurance card (for labs, treatment, medication)
- List of current medications and allergies

### Find Elson Student Health Center

(434) 924-5362 // Open 8 am - 5 pm, M - F  
400 Brandon Avenue (at JPA and Brandon, behind New Cabell and near Nau-Gibson)

For urgent concerns **after hours:** (434) 297-4261  
For **emergencies**, call 911 or go to the hospital Emergency Room.

