

Designed by Jennifer Zhou, Class of 2019 — Edited by Madeline Speirs and Matt Salit, Class of 2019

# HOOS KEEPING WELL

Office of Health Promotion – Department of Student Health – University of Virginia

*Feeling ill at school is tough, but there are strategies to help prevent sickness, manage symptoms, and get better soon. If sick, take it easy. Email professors and supervisors so they know you cannot be at class or work.*

## LIMIT ILLNESS BY TAKING CARE OF YOURSELF

- Get enough sleep and eat nutritious meals.
- Wash hands often, and avoid close contact with sick people.
- Avoid sharing cups or utensils.
- Get a flu shot every year.
- It's okay to **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.

**HOO  
KNEW?**

3 out of 4 UVA students who drink avoid alcohol when sick or tired.\*\*

Drinking when sick or tired can weaken the immune system, heighten the effects from drinking (due to less efficient processing of alcohol), and increase risk of negative consequences. Mixing alcohol with medications can have harmful effects.

\*From the February 2015 Health Survey with responses from 931 UVA students  
\*\*From the February 2017 Health Survey with responses from 1,010 UVA students

## CARE AT STUDENT HEALTH

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

### Know what to expect for smooth care:

- For urgent concerns, speak with a triage nurse 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:

1. Student ID card
2. Health insurance card (for labs, treatment, medication)
3. List of allergies and current medications

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

## FIND US!

**Elson Student Health Center**  
400 Brandon Avenue (at JPA and Brandon)  
8AM-5PM M-F: (434) 924-5362

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

**HOO  
KNEW?**

94.0% of UVA students believe learning how to take care of themselves helps them thrive.\*

## BE PREPARED

Stock up on these ahead of time:

- Sports drinks, juice, or ginger ale
- Saltine crackers
- Acetaminophen (Tylenol) or ibuprofen (Advil)

**Need over-the-counter medication?** Pharmacies are located at Student Health, the Bookstore, the Corner, and the hospital (24/7). In addition to filling your prescription, a pharmacist can help you choose medications that match your symptoms.

# DISTINGUISH BETWEEN COLD & FLU

## COMMON COLD

### SYMPTOMS

Cough, sore throat, and nasal congestion, possibly lasting up to two weeks.

### SELF-CARE

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

## FLU

### SYMPTOMS

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

### SELF-CARE

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

## GO TO STUDENT HEALTH?

Not typically, but make an appointment if you have any of these:

- Severe or progressive symptoms.
- A condition that places you at high risk for complications.
- Symptoms that reoccur or worsen after having improved.

For a cold or the flu, you will not be prescribed antibiotics because they do not work for viruses (the cause of cold and flu), and they can actually make things worse.