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**

**Symptoms**
- Common Cold: Nasal congestion, Sore throat, Cough
- Flu: Fever (>100.4°F), Body aches

**Self Care**
- Common Cold: Relieve discomfort with over-the-counter medications if needed.
- Flu: Avoid activities and people until fever-free (without medication!) for 24 hours.

**COLD**

**FLU**

**Common Symptoms**
- Cough
- Sore throat
- Nasal congestion
- Symptoms possibly last up to two weeks.

**Common Self Care Strategies**
- Stay home, rest, and drink plenty of fluids
- Reduce fever and manage aches with acetaminophen (Tylenol) or ibuprofen.

**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.

**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

**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

**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.

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* 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

Office of Health Promotion
Department of Student Health
University of Virginia

* Designed by Elizabeth Lee, Class of 2021
Edited by Helina Sirak, Class of 2019

**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.