

COMMON COLD OR IN(FLU)ENZA?

Colds are common. Frustrating, but **it's normal for college students to have a few colds per year.**

Both colds and the flu are caused by viruses.

A **flu shot** is the best protection. Available at Student Health and local pharmacies.

COLD

Sore throat, cough, nasal congestion, mild headaches. Can last up to two weeks.

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

For a cold? Not typically.

Make an appointment if you have any of these with a cold:

- Fever above 101°F for more than three days.
- Chest pain or shortness of breath.
- Symptoms that get worse or that last longer than two weeks.

If you have strange or severe symptoms or if you feel concerned, call Student Health to speak with the triage nurse.

FLU

Same as a cold, but with fever and body aches. Symptoms are usually sudden onset and more severe.

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

For the flu? Yes, make an appointment.

Prescription antiviral medication may help shorten symptoms of the flu. Also call if you were getting better but then get worse again.

SYMPTOMS

SELF - CARE

APPOINTMENT NEEDED?

Help Limit Illness

Prevention

- Get enough rest and relaxation
- Eat balanced meals and snacks
- Get some exercise
- Get a flu shot
- Wash hands often
- Avoid sharing cups and utensils
- Cough or sneeze into elbow or tissue

Be Prepared

- Thermometer
- Gatorade
- Saltine crackers
- Acetaminophen or ibuprofen



The Department of Student Health

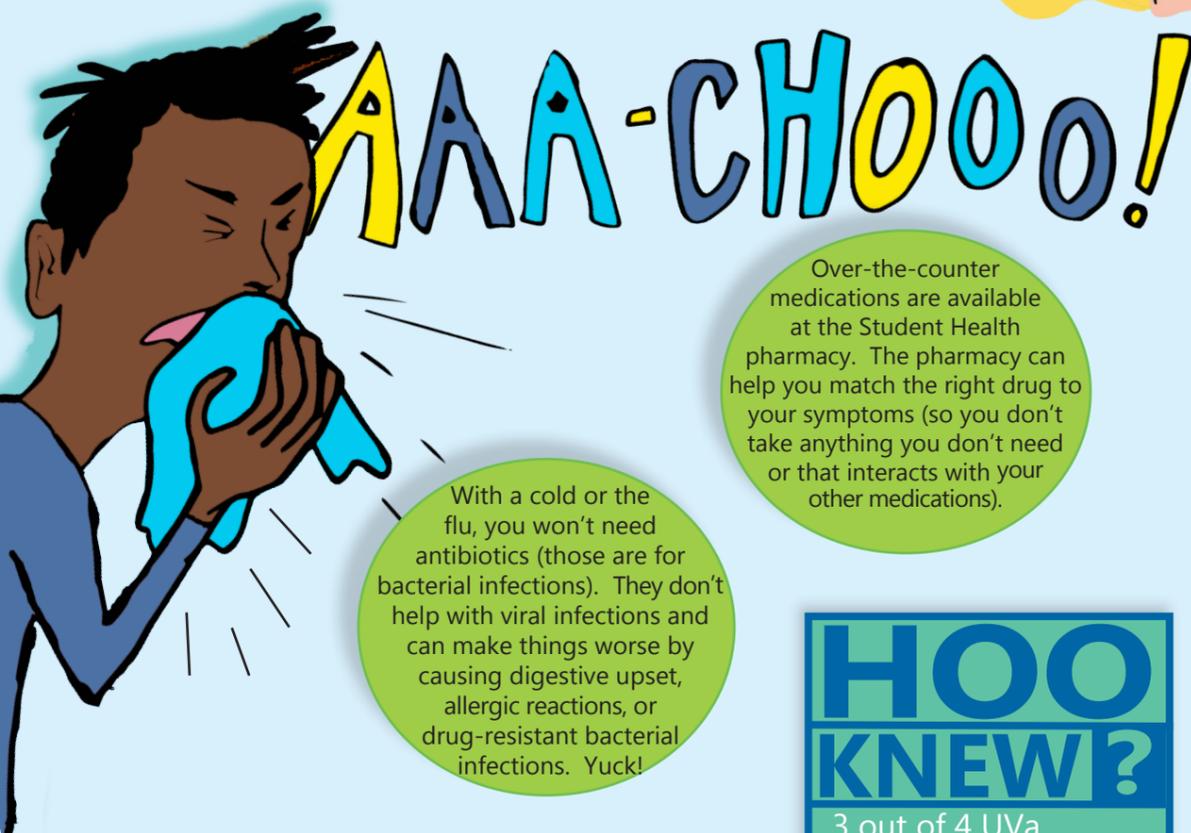
Student Health services:

- General Medicine
- Gynecology
- Counseling and Psychological Services (CAPS)
- Office of Health Promotion (home of the *Stall Seat Journal!*)
- Student Disability Access Center
- Allergy Clinic
- Travel Clinic
- Pharmacy
- Laboratory

Consultations at Student Health are FREE!

What to expect:

- **Call to make an appointment** so you can be seen in a timely manner. If your issue is urgent, you can speak with a triage nurse over the phone.
- You may **see a doctor or a nurse** depending on the nature of your visit. If you need specialty care not available at Student Health, you will get a referral.
- Bring your **insurance card, your student ID card, and a list of current medications and allergies** so you can pick up any new medications in the same trip.
- Don't come to Student Health for a sick note.



With a cold or the flu, you won't need antibiotics (those are for bacterial infections). They don't help with viral infections and can make things worse by causing digestive upset, allergic reactions, or drug-resistant bacterial infections. Yuck!

Over-the-counter medications are available at the Student Health pharmacy. The pharmacy can help you match the right drug to your symptoms (so you don't take anything you don't need or that interacts with your other medications).

HOO KNEW?

3 out of 4 UVa students who drink avoid drinking when sick or tired.*

The body cannot process alcohol as efficiently when sick or tired, so a person may feel more effects from drinking. Drinking when sick or tired can also weaken the immune system.

FIND US!

Elson Student Health Center (434) 924-5362
400 Brandon Avenue (at the corner of JPA and Brandon)

Open Monday - Friday, 8 AM - 5 PM
For urgent questions or concerns after hours:
(434) 972-7004

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