

Steps To Fight The Flu

Flu symptoms: Fever (usually high), headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose and muscle aches.

Take time to get a flu vaccine.

- CDC recommends a yearly seasonal flu vaccine as the first and most important step in protecting against this serious disease.
- Getting vaccinated is very important for people at high risk for serious flu complications, including young children, pregnant women and people with chronic health conditions or immunosuppression.
- People who live with or care for those at high risk should also get vaccinated to protect their high risk contact.

Take everyday preventive actions.

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Try to avoid close contact with sick people.
- If you get the flu, CDC recommends that you **stay home** from work or school and limit contact with others to keep from infecting them.
- Contact your healthcare provider if your fever is 101 or higher for more than two days or if your symptoms are getting worse.
- Eat healthy food, drink plenty of water, exercise, get plenty of rest, do not smoke and avoid alcoholic beverages.

If you do need medical assistance, we are here to help!

Student Health Center Appointments: 408.924.6122
After Hours Advice Nurse Line: 1.866.935.6347

Student Health Center: www.sjsu.edu/studenthealth
Santa Clara County: www.sccphd.org

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