FLU Update
UA Fall 2009

We want you to be well and enjoy your time at UA! Unfortunately, getting sick is part of life - but you can do things to reduce your chances.

3 Tips for Staying Healthy

1) Wash Your Hands and Use Hand Sanitizer Often!
2) Use a Tissue to Cover Your Mouth and Nose when Coughing or Sneezing. Throw it in a Garbage Container Immediately. Wash Your Hands Again!
3) Keep Your Hands Away from Your Face (Eyes, Nose, & Mouth) to Avoid “Catching” a cold or flu. This is how germs usually enter your body.

Remember, Prevention is 99% of the cure!

SYMPTOMS of Flu: fever 100° or more, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue, diarrhea and vomiting.

STUDENTS who are experiencing flu-like symptoms: the Student Health Center wants to offer you a convenient option of calling our flu hotline - 348-9184 - to discuss your symptoms with a nurse. If your symptoms are determined to be flu, we will have a prescription and a flu kit containing a thermometer, fever-reducing medication, & flu information delivered to your residence hall, so you can continue to rest in your room. This will help you get well more quickly and help us protect other students from being exposed to the virus.

It is very important that students who are experiencing flu-like symptoms avoid contact with other students, as much as possible, so others do not get sick.

You should stay out of school until you have had no fever, without fever-reducing medication, for at least 24 hours.

If you have been sick and must leave your room to seek medical treatment, you should wear a mask and use tissues to keep your mouth and nose covered. Masks are available at the front desk in residence halls.

If you have asthma or other respiratory illnesses or a chronic medical condition and have been in close contact with someone who has the flu, call the flu hotline and talk with the nurse.

EVERYONE, please wash your hands and use hand sanitizer after every personal contact. This includes touching another person or a new surface such as chairs, desks, tables, counters, doorknobs and after restroom visits. This is the very best way to protect you and others from getting sick.

UA Flu Hotline: 205.348.9184
www.shc.ua.edu