

# focus on flu

## Cold or Flu?

SYMPTOMS	COLD	FLU
Fever	Less than 100° F in adults	≥100° F; lasts 3-4 days
Headache	Rare	Sudden onset and can be severe
Muscle Ache	Mild	Usual and often severe
Tiredness & Weakness	Mild	Can last 2 or more weeks
Extreme Exhaustion	Never	Sudden onset and can be severe
Runny Nose	Often	Sometimes
Sneezing	Often	Sometimes
Sore Throat	Often	Sometimes
Cough	Mild hacking cough	Usual and can become severe

### COLD & FLU

• Illnesses, like cold and flu, are often transmitted by germs. Hand washing is an effective means of eliminating germs, thereby preventing the spread of infection. Germs can settle on a variety of surfaces (door knobs, keyboards, desks, etc), some of which get on your hands first, and then get into your body when you touch your eyes, nose, or mouth.

• The flu vaccine is recommended for college students who are at high risk for catching the flu—those with chronic medical conditions such as asthma and diabetes, those who are pregnant, and those with immunodeficiency diseases like HIV infection. In addition to chronic medical conditions, students in communal living style housing (residence halls) can lessen their chances of contracting the flu by receiving the "flu shot." Watch for notices about the seasonal flu vaccine and the H1N1 vaccine when UAB has them available. Be smart and practice good prevention habits for you and others!

### PREVENTION & TREATMENT TIPS

#### DOs

- Wash hands often
- Get plenty of rest; eat regularly and varied choices
- Drink plenty of fluids; stay active
- Cover your mouth and nose with a tissue when coughing and sneezing
- Please stay at home when you are sick until you have no fever for 24 hours without medication.

#### DON'Ts

- Do not smoke and drink too much alcohol
- Do not have close contact with those who are sick
- Do not touch your eyes/nose/mouth with your hands without washing your hands before and after touching
- Do not take leftover antibiotics and/or outdated medicines

**UAB Flu Hotline 975-4FLU (975-4358)**