

focus on flu

Symptoms of Flu Include:

- Fever of 100° or more
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Headache
- Chills
- Fatigue
- Diarrhea and vomiting



- 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.
- If you are sick, you should stay out of school until you have no fever, without fever-reducing medication, for at least 24 hours. Avoid contact with others.
- If you must leave your room to seek medical treatment, you should wear a mask and use tissues to keep your mouth and nose covered.
- Please wash your hands often. Use hand sanitizer if soap and water are not available.
- Clean your personal space often with disinfectant sprays or wipes, especially frequently touched surfaces. This is the very best way to protect you and others from getting sick.
- Roommates and friends: Be diligent and don't share personal items such as towels, razors, lipstick/chapstick or eating utensils, cups, etc.

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