FIGHTING THE FLU @ OSU

PREVENTION
• Maintain good health—get enough sleep, eat well, exercise
• Wash your hands often with soap and water, or use hand sanitizer
• Cover coughs and sneezes with tissue or upper sleeve
• Don’t touch your face, mouth, eyes, or nose
• Minimize close contacts—don’t shake hands or share drinks, stay at least six feet from persons who are coughing or sneezing
• Get a seasonal flu vaccine—STUDENTS: see shs.osu.edu for dates and times for vaccines

STUDENT PREPARATION
• Collect supplies: thermometers, tissues, over-the-counter medicine, foods, drinks
• Understand the make-up and absence policies for each of your classes
• Arrange with friends and classmates to help each other by sharing notes, delivering food, making check-up phone calls
• Talk with your family about whether going home for a few days is an option

HOW TO KNOW WHEN IT’S SERIOUS
• Otherwise healthy individuals whose temperature is below 103 degrees F (without fever reducers such as Tylenol) generally do not need to see a doctor
• Those who are pregnant, asthmatic, immune suppressed, children under age 5, or in other high risk categories should consult their physician if they have flu symptoms, as should those experiencing temperatures of 103 or above and other severe symptoms
• Severe headache, delirium, inability to keep liquids down, and difficulty breathing are rare and indicate a need for immediate medical attention. They may be signs of complications or another disease. If you experience these at a time when the Wilce Student Health Center is not open, go to the OSU Medical Center Emergency Department, (614) 293-8333, or your nearest emergency or urgent care facility.

Wilce Student Health Center
1875 Millikin Road
(Located between the Main Library and RPAC)
Available to all students, regardless of insurance plan.
Monday-Thursday, 8 a.m. to 6 p.m.
Friday, 8 a.m. to 5 p.m.
Saturday, 9 a.m. to 1 p.m.
Sunday, Closed
Phone 614-292-4321 for advice and appointments.
See www.shs.osu.edu for additional information, including BuckMD blog, links to other providers, and advice on caring for self and others.
ABOUT VACCINES

SEASONAL FLU VACCINE: WHY IT’S IMPORTANT
Seasonal flu vaccine is the vaccine offered every year in the fall. It covers you against three common types of influenza. These types are chosen each year as those most likely to infect our community during the flu season (December to March).

SELF-ISOLATION

SELF ISOLATION FOR STUDENTS
• If you have flu-like symptoms stay home to minimize contact with others
• Return to your family home if practical
• If not, stay in your residence hall room or off-campus bedroom
• Inform your RA and/or roommates
• Contact your instructor as required
• Don’t go to class, dining halls, or other public places, and if you must leave your room, take steps to avoid exposing others until your fever is gone for 24 hours

SELF-CARE

WHAT TO EAT AND DRINK IF YOU GET SICK
If you get sick, your main focus should be on getting better, which requires rest and proper nutrition. Drink plenty of fluids and eat healthful foods that agree with you. Having these items on hand is helpful in case you come down with the flu:
• Chicken noodle soup
• Saltine crackers
• Applesauce
• Gelatin cups
• PowerAde
• Water
• Apple juice
• Sprite
• Tea packets
• Sugar packets

Check the Student Health Services website, www.shs.osu.edu for times and places to get the seasonal flu vaccine.

WHAT ARE THE SIGNS AND SYMPTOMS?
The symptoms are similar to the symptoms of seasonal flu:
• fever
• cough
• sore throat
• runny or stuffy nose
• muscle pain
• headache
• chills
• fatigue
Some have also reported diarrhea and vomiting.