

# Got the flu?



- R**eview your symptoms (by phone if possible) with a health care provider to determine if you need to be seen. (Knowing your temperature can help with diagnosis.)
- E**ncourage your body to stay hydrated by drinking more water, juice, and other non-caffeinated beverages. Nourish your body with soups.
- S**tay home (out of class, work, public settings) unless you need medical care. This conserves your energy for healing, and reduces the risk of infecting others.
- T**reat your symptoms (fever, sore throat, muscle aches, congestion, cough) with acetaminophen (not aspirin), throat lozenges, and decongestant.
- U**pdate your health care provider if your fever is greater than 100°F or doesn't reduce after three days or you develop other troubling symptoms (e.g., cough, swollen glands, rash, etc.).
- P**rotect others by practicing good respiratory etiquette. Cough/sneeze into tissues or into your sleeve. Dispose of tissues promptly. Wash your hands frequently, or use an alcohol-based sanitizer to prevent transmission.

**Call FAU Student Health Services at 561-297-2276 during office hours for health advice.**



Student Health Services,  
Division of Student Affairs