Combat the cold and flu

Even superheroes get sick

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GET SICK SOMETIMES
Cold Symptoms

• Hacking cough with mucus
• Mild aches
• Stuffy nose/congestion
• Mild fatigue
• Sneezing
• Sore throat
• Possible mild chest discomfort

Flu Symptoms

• Fever
• Dry Cough
• Moderate to Severe Body Aches
• Chills
• Moderate to severe fatigue
• Headache
• Severe Chest Discomfort

Feeling fatigued/less powerful? It’s the flu…not me ;)

Maybe the Human Torch really just has a bad case of flu
There is no cure for a cold/flu, but you can avenge your symptoms by:

- Resting in bed
- Drinking plenty of fluids
- Gargling with warm salt water, using throat sprays, or lozenges for sore throat
- Using a decongestant or nasal spray to relieve nasal symptoms
- Using petroleum jelly to soothe a raw nose
- Use a humidifier to soothe irritated nasal pathways/throat
- Avoiding alcohol, cigarette smoke, and caffeine

- Flu symptoms can be treated with “antivirals” prescriptions (i.e. Tamiflu) to shorten the duration of illness

Don’t take antibiotics unless prescribed by a doctor – they are not effective against viruses and will increase bacterial resistance
When To See The Doctor

- A temperature over 101 degrees Fahrenheit for more than 48 hours
- A cough with pain in the chest
- Persistent sore throat
- Extremely red throat
- No improvement after 7 days
- Severe headache with fever
- Worsening pain in one or both ears

If you suspect you have flu symptoms, seeking medical attention within the first 48 hours for an “antiviral” prescription can help reduce the time of infection.
Preventing the Cold/Flu

- Get the Flu Shot (available at Student Health Services)
- Wash your hands often
- Cover your sneeze/cough with your arm rather than your hands
- Limit contact with others when you’re sick
- Avoid touching your eyes, nose, mouth
- Practice good health habits
  - Get 8-9 hours of sleep nightly
  - Exercise
  - Eat healthfully
  - Manage your stress
No co-pay for general visits!

Make an appt for:

- Cold/Flu
- Respiratory Infection
- Allergies
- Skin Lesion
- Stomach Distress
- Mild Muscle Pain
- Physical Exam
- Men’s Health
- Women’s Health Exam
- STI screening
- Dental Cleaning

To schedule an appt: (561)297-2276 or online at MyHealth.fau.edu

24-hour nurse Triage: 866-281-9725

Medical Emergency? Call 911
Other Wellness Resources

Owls Care Health Promotion
www.fau.edu/owlscarescare
- Free HIV Testing every Thursday 9am-2pm
- Stress Management Workshops
- Smoking Cessation
- Wellness Consultations

Pharmacy Services
http://www.fau.edu/shs/additional/pharmacy.php
- Prescription and OTC medications
- Accepts many prescription drug insurance coverage
- Discounted rates for FAU students w/o insurance

Registered Dietitian
http://www.fau.edu/shs/additional/pharmacy.php
- One-on-one meal planning and dietitian services for weight management, healthy eating, and more.

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