Influenza (Seasonal)
What students need to know:

Commonly Reported:
Cough, fever, sore throat, fatigue, muscle aches, and headache.

Emergency Symptoms: Seek Medical Care
* High, prolonged fever greater than 102°F with fatigue/body aches
* Difficulty breathing or shortness of breath
* Pain or pressure in the chest or abdomen
  * Confusion/disorientation
* Fainting or feeling like you are about to faint
* Severe or persistent vomiting
* Severe pain/pressure in the face/forehead
* Symptoms that last for or greater than 10 days or get worse
  * Very swollen glands in the neck or jaw
* Flu-like symptoms improve but then return with fever and worse cough, which could be a sign of pneumonia

How to Prevent the Flu:
* Get vaccinated
* WASH YOUR HANDS often with soap and running water
* Use alcohol-based hand sanitizers when soap/water are not available
  * Avoid touching your eyes, nose, mouth (portals of entry for germs)
  * Avoid contact with sick people
* Eating healthy, exercising, adequate rest (boosts the immune system)

How to Prevent the Spread of the Flu to Others:
* Cover your nose and mouth when you cough or sneeze
  * Dispose of used tissues
  * Stay home if you are sick
**How to Manage the Flu:**

*Students with flu-like symptoms should self-isolate for at least 24 hours after their fever is gone (without the use of fever-reducing medicine) except to get medical care or other necessities*

*Self-care measures: Plenty of rest, fluids, and Over-the-Counter cold/flu medicines*

*Anti-viral, as prescribed by your doctor*

**Available at UPT Health Center:**

*Health Screening Advice:
During Regular Clinic Hours: M-F, 9:00am to 5:30pm, call: 814-827-4467
After Regular Clinic Hours: After 5:30pm and on weekends, call: 814-827-4488 or 911

*Over-the-Counter cold/flu medications
*Free Flu Vaccine through the State Department of Health

**For More Information:**

University of Pittsburgh: [http://www.hsls.pitt.edu/resources/seasonal-influenza-flu](http://www.hsls.pitt.edu/resources/seasonal-influenza-flu)
