

MEDICATION

- ◆ There are medications to treat the flu. These are called antivirals.
- ◆ Antivirals can help people feel better faster and reduce the severity of flu symptoms.
- ◆ The antivirals must be prescribed by a medical provider and work best if taken within the first two days of getting sick.
- ◆ Currently, only people who are considered high risk will receive them. High risk people include those in the hospital or who have a serious medical condition.
- ◆ If your flu symptoms turn into a bacterial infection, you may be prescribed an antibiotic.

PLAN AHEAD

- ◆ Buy tissues, over the counter medications (like ibuprofen), thermometer, food, juice, broth, and alcohol-based hand sanitizer.
- ◆ Have a plan in case you need to go home or stay with a friend or family member.
- ◆ School work may continue so prepare to use the Internet for classes.
- ◆ Update your emergency contact info on *MyCSULB*.
- ◆ You will receive information from the school if there are any campus changes.

MORE INFORMATION

Centers for Disease Control & Prevention
www.cdc.gov
www.flu.gov

World Health Organization
www.who.int

CSULB
Student Health Services
1250 Bellflower Blvd.
Long Beach, CA 90840
Info: (562) 985-4771
Appts: (562) 985-2727

www.csulb.edu/shs
hrc@csulb.edu

Hours :
Monday 8 AM - 6PM
Tuesday 8 AM - 6PM
Wednesday 10 AM - 6PM
Thursday 8 AM - 6 PM
Friday 8 AM - 5 PM

09/03/09 hb

INFLUENZA

Prevention & Self Care



CSULB Student Health Services

(562) 985-4771

Appointments (562) 985-2727

FLU PREVENTION

- ◆ Get vaccinated. The CDC recommends the flu vaccine as the most important step for flu prevention.
- ◆ The regular/seasonal flu vaccine will not prevent H1N1 (swine) flu. The H1N1 flu vaccine will be available in mid-October.
- ◆ Cover your nose and mouth when you sneeze or cough! If you use a tissue, throw it away after you use it.
- ◆ Wash your hands often with soap and water, especially after you sneeze or cough.
- ◆ Alcohol-based hand cleaners are also effective when you cannot wash your hands with soap and water.
- ◆ Avoid touching your eyes, nose, and mouth. Germs are spread this way.
- ◆ Avoid close contact with sick people.



FLU SYMPTOMS

- ◆ High fever (over 100° F)
- ◆ Cough
- ◆ Sore throat
- ◆ Runny or stuffy nose
- ◆ Body aches
- ◆ Headache
- ◆ Chills
- ◆ Fatigue
- ◆ Diarrhea and vomiting (sometimes)

CARING FOR YOURSELF

- ◆ **Do not go to work or school if you are sick!**
- ◆ Stay home for at least 24 hours after your fever is gone except to get medical care.
- ◆ Keep away from others to avoid spreading the flu.
- ◆ Drink plenty of clear fluids (water, broth, sports drink).
- ◆ Get plenty of rest.
- ◆ Do not smoke or drink alcohol.
- ◆ For fever and body aches, take one of the following:
 - Ibuprofen (Advil)
 - Acetaminophen (Tylenol)
 - Naproxen (Aleve)



WHEN TO SEEK MEDICAL CARE

See a medical provider if you have a flu-like illness and have chronic medical problems, including:

- ◆ Pregnancy
- ◆ Weakened immune system due to HIV/AIDS, chemotherapy, chronic steroid use
- ◆ Asthma or pulmonary disease
- ◆ Heart disease
- ◆ Kidney or liver disease
- ◆ Nervous system disorders (e.g. MS, cerebral palsy)
- ◆ Diabetes, adrenal disorders
- ◆ Blood disorders (e.g. clotting, platelet)
- ◆ Rheumatological disorders (e.g. lupus)
- ◆ Gastrointestinal disease (e.g. Crohn's)

CALL 911

- ◆ Difficulty breathing or shortness of breath
- ◆ Pain or pressure in the chest or abdomen
- ◆ Sudden dizziness
- ◆ Confusion
- ◆ Severe or persistent vomiting
- ◆ Flu-like symptoms improve but then return with fever and worse cough
- ◆ Loss of consciousness
- ◆ Bluish or gray skin color
- ◆ Lack of urination