

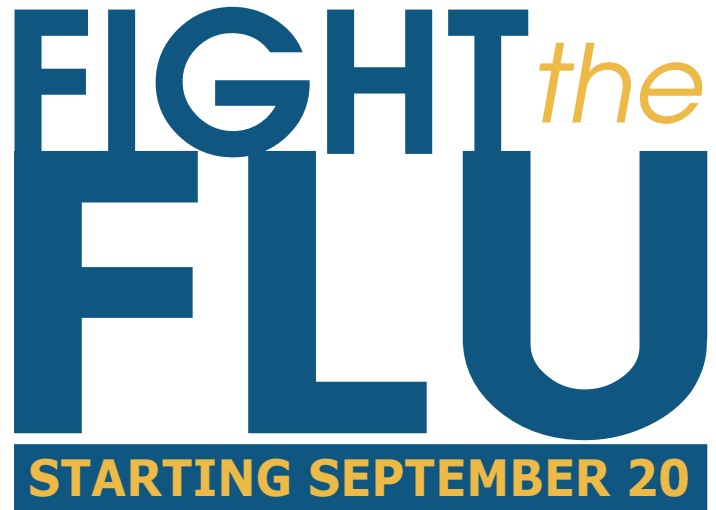
Get your flu shot at the
UNIVERSITY HEALTH SERVICES

UH Mānoa Students

- :: Flu shots available Tuesdays - Fridays
- :: No appointment necessary
- :: \$12 or participating insurance accepted

UH Mānoa Faculty & Staff

- :: Flu shots available Tuesdays - Fridays
- :: No appointment necessary
- :: \$30 or participating insurance accepted



what are the symptoms?

Flu symptoms can include headache, nasal congestion, sore throat, coughing, fever, body aches, chills and fatigue, and upset stomach and/or diarrhea.

how can i avoid the flu?

Getting a vaccination is the most important step in avoiding the flu. Everyone over 6 months and especially those at high risk (elderly people, young children, those with chronic medical conditions, pregnant women) should get a flu shot.

Other ways to avoid the flu:

- :: Wash hands often and thoroughly, with soap and water or hand sanitizer.
- :: Avoid touching your eyes, mouth, and nose.
- :: Clean surfaces used by many people, such as computer keyboards or countertops.
- :: Don't share drinking glasses, towels, or other personal items.
- :: If possible, stay away from sick people.
- :: Maintain a healthy lifestyle: good nutrition, adequate amounts of sleep and exercise, and alcohol only in moderation.

how can i stop the spread of flu?

In addition to the preventive measures listed, if you get sick, you should:

- :: Cover your cough (cough into a tissue or into your upper arm or shoulder)
- :: Stay home from school or work

when should i see a medical provider?

You can call to see whether you need to get medical care. Most people recover from the flu by staying home, resting, drinking lots of fluids, and using over the counter medications for pain or fever. (Don't give aspirin to children or teens.) Prepare in advance by getting pain medication, sore throat lozenges, hand sanitizer, and tissues.

Be sure to get medical advice if you have shortness of breath or trouble breathing, are vomiting a lot, have pain or pressure in your chest or abdomen, experience confusion or sudden dizziness, or if your symptoms get better and then return with a cough.

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By taking preventive measures and staying away from others if you do get sick, you can help protect yourself and the UH Mānoa community!