Now that classes are back in session, please remember that we are still in the middle of flu season so take a moment to learn how to best protect yourself from the nasty virus. Visit us at DHP A-104 or give us a call at 455-0515. For more details, go to: hawaii.edu/shs/lcc.

ALOHA Hawaii.EDU/SHS/LCC

NEED A FLU SHOT?
Visit the Student Health Center,
Diamond Head Portables A-104
Hours: Monday - Friday; 8:30am - 3:00pm
Cost: Free with participating insurance;
$15 for students w/o insurance;
$40 for faculty/staff w/o insurance

The flu is a contagious respiratory illness caused by influenza viruses. It can spread from person to person in droplets through coughing or sneezing. It may also be spread by touching a contaminated surface and then touching your eyes, mouth, or nose.

what are the symptoms of the flu?
Flu symptoms may include fever, headache, fatigue, chills, coughing, sore throat, runny nose, nasal congestion, body aches, diarrhea and vomiting. Complications from the flu can also increase pneumonia, dehydration, and may even worsen chronic medical problems including heart problems, asthma, or diabetes.

when do the symptoms start?
Flu symptoms usually begin 1 to 4 days after exposure to the virus. However, you may be able to infect others one day before symptoms begin, and up to 7 days after getting sick so it is possible to spread the flu before you know you are sick.

For more information, see the CDC’s website at http://www.cdc.gov/flu/index.htm
how can i avoid the flu?

Getting yourself vaccinated is the most important step in avoiding the flu. People at high risk for complications of the flu (elderly people, young children, those with chronic medical conditions, pregnant women) are especially encouraged to get a yearly vaccine.

helpful tips to avoid the flu...

**TIP No. 1**
Keep your distance. Avoid close contact (at least 6-10 feet) from people that are sick.

**TIP No. 2**
Don’t spread germs. Cover your mouth and nose when coughing or sneezing.

**TIP No. 3**
Wash hands often and thoroughly with soap and water, or use an alcohol based hand sanitizer.

**TIP No. 4**
Don’t let the flu virus get into your body. Avoid touching your eyes, mouth, and nose.

is there a treatment for the flu?

You can call your medical provider to see whether you need to get medical care. Prescription medication may be given to treat severe cases of the flu, or cases with high risk of complications.

Most people recover from the flu by staying home, resting, and drinking lots of fluids.

Acetaminophen (Tylenol) or Ibuprofen (Advil) can be given for fever and pain. However, Aspirin should never be given to children or teenagers with flu-like symptoms.

You can prepare in advance by getting pain medication, sore throat lozenges, hand sanitizer, and tissues.

Because the flu is very contagious, it is important to stay away from work and/or school until you are feeling better.