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.

MORE INFORMATION

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

World Health Organization
www.who.int

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.

INFLUENZA

Prevention & Self Care

IN

IN

IN

FLU

FLU

FLU

ENZA

ENZA

ENZA

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
### 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