You’re sick. Here’s what to do!

- Get Plenty of Rest
- Do not smoke or drink alcohol
- If weak, drink the following substances:
  - Chicken soup, water, Pedialyte, diluted Gatorade, and juice.
- Got a fever, muscle aches, headache?
  - Are you coughing a lot?
  - What about a runny nose?
    - Medicine over the counter (OTC) may help.

The pharmacy at the health center sells OTC medicine for a cheaper rate than pharmacies located off campus.

Seek Medical Care if you:

- Have a difficult time breathing
- Feel pain or pressure in the chest
- Feel dizzy or confused
- Constantly keep vomiting
- You’re fever rises above 104
- You’re fever lasts more than 3 days

This year’s flu has created a pandemic. This is a serious matter. College age people are at high risk for serious illnesses, including death.
The flu will last 5 to 7 days. You may feel more weak and tired afterwards. You are contagious one day before symptoms begin & 24 hours after your fever is gone.

**What to expect?**

Stay home! Don’t go to work or class. Keep away from people and dining commons. Ask a friend to get you a “to go” box.

**Prevent the Spread**

- Cover your nose and mouth
- Wash your hands often
- Avoid touching your eyes, nose, or mouth
- Do not share drinks, utensils, etc.
- Avoid large crowds and people who are ill
- Get immunized against the flu & H1N1

**Dean of Students Office**

Students Please call the UCSC Student Influenza Advice line at (831) 459-2591
Student Health Center line (831) 459-2500.
For more information for after hour care, visit: healthcenter.ucsc.edu