

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.

Be On Alert!

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.

What to expect?

The flu will Last 5 to 7 days

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.

You may feel more weak and tired afterwards

You are contagious one day before symptoms begin & 24 hours after your fever is gone.

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



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

Dean of Students Office