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.

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
- 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