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Located in South Campus Building D
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**SPECIAL
ISSUE**



STALL STREET NEWS



FLU SEASON



<http://www.stayinginshape.com/3osfcorp/libv/p15.shtml>

IS IT A COLD OR IS IT THE FLU?

During the months of November and March, it is hard to distinguish between the common cold and the flu. Here are the different symptoms that normally come with each illness.

COLD

- Fever and headaches are rare.
- Aches and pains are very slight.
- Fatigue is not very common.
- A stuffy nose, sore throat and sneezing are typical.

FLU

- Fever and headaches are prominent and normal.
- Aches and pain are common and can sometimes be severe.
- Fatigue is common and can last up to 3 weeks.
- A stuffy nose, sore throat and sneezing are not common but can be present.

What is the flu shot?

The flu shot, injected into the arm, exposes the immune system to the virus. The shot itself contains dead viruses so that the immune system can build up antibodies to fight it. An individual cannot get full-blown flu from the flu shot, but there is a chance that one can get the flu in a milder form.



DID YOU KNOW?

- About 10-20% of Americans will get the flu each year.
- 130,000 people will be hospitalized with the flu and 20,000 of them will die because of the flu and complications.
- Antibiotics do not help cure people with the flu because antibiotics do not work on viruses.

www.familydoctor.org

Here are ideas to help combat the flu...

drink plenty of fluids

REST

take medicine when appropriate



Prevention against catching and spreading the flu:

- Avoid people that are definitely sick. Also, as a sickly individual, keep a reasonable amount of distance from the healthy, so they too do not become infected.
- If it is possible, stay home from work, school and doing errands when sick. By doing this one can prevent the sickness/illness from spreading further.
- When coughing or sneezing use a tissue to cover the mouth or nose to prevent the spreading of germs.
- Washing hands and avoiding touching ones eyes, mouth and nose is another way to prevent the spreading of germs.
- Practicing good health habits such as managing stress and getting enough sleep are ways to help avoid getting sick.

<http://www.cdc.gov/flu/protect/habits.htm>

Many teens and young adults may turn to aspirin when signs of the flu develop; however, many doctors are against it. Doctors would rather teens with the flu take acetaminophen or ibuprofen to help with the fever and soreness. Aspirin puts teens at a greater risk of developing Reye syndrome, which is a serious illness that sometimes follows the flu and can lead to liver damage.

www.webmd.com

Flu Fever!



If a fever develops the best way to bring it down is to take a cool shower.



Condoms, dental dams, lube & abstinence kits are available free to you at Health Education. We are located in South D, downstairs near the mailboxes, next to the south complex office. Got questions? Contact Joleen Nevers, Health Education Coordinator at 486-0772 or visit our website: www.healthed.uconn.edu

