

## Flu Information

### ***Getting your Respiratory flu vaccination early is the most effective form of prevention!***

Getting a flu vaccine reduces the risk of having to go to the doctor for influenza by about 60%, according to the Center for Disease Control (CDC).

Flu vaccines are available through Student Health & Wellness in Trustee Hall Monday – Thursday between 9:00 – 3:30. Appointments can be made by calling 641-683-5336 or you can walk in and make an appointment that fits around your class schedule.

The flu vaccine is \$25.00 (injection) and provides protection for 4 respiratory flu strains.

### ***Symptoms of Influenza***

*Influenza* is a contagious respiratory illness caused by a virus. It is characterized by sudden onset of fever, body aches, fatigue, sore throat and severe coughing.

### ***What to do if you get the flu:***

1. **Stay home** from school, work and all meetings or appointments until your symptoms subside and you have been without a fever for 24 –hours (without taking fever-reducing medications). This can take from 3-5 days or longer depending on the individual case.
2. Consider over-the-counter medications to help relieve symptoms such as discomfort from body aches, cough, or other symptoms you may be experiencing.
3. Anti-viral medications such as Tamiflu ARE NOT recommended for otherwise healthy people with the flu.
4. Get as much sleep as possible, and do not over-exert physically. Do not go to the gym.
5. Drink plenty of fluids and eat a nutritious diet.

### ***Most cases of the flu will not require a visit to your doctor. However ...***

- Students should call their healthcare provider if they experience marked worsening of symptoms such as increasing cough with shortness of breath, or prolonged periods of fever greater than 101 degrees F that aren't relieved by take over-the-counter, fever-reducing medications.
- Students should seek emergency treatment if they have difficulty breathing, feel severe pain or pressure in their chest or abdomen, suddenly get dizzy or confused; or experience severe or persistent vomiting.
- If influenza-like symptoms get better, but then return with a worse fever and cough, students should seek medical advice.
- Women who are pregnant or people with chronic health conditions should seek guidance from their doctors if they experience influenza symptoms.

\*It is in everyone's best interest for all persons to stay home when they are sick. **Please do not require a class excuse for your students or employees who are home ill with the flu.**

### ***Things you can do to avoid getting the flu:***

1. Get the flu vaccine, it's not too late to be vaccine. The flu vaccine is available for \$25.00 at Student Health and Wellness in Trustee Hall.
2. Wash your hands frequently or use alcohol-based hand sanitizing gels. Avoid touching your eyes, nose and mouth.
3. Clean and disinfect frequently touched surfaces.
4. Avoid close contact with persons who are ill with the flu.
5. Remember to cough or sneeze into your sleeve or a tissue, and wash your hands immediately afterward. Throw used tissues in the trash immediately.
6. Take good care of your immune system by getting plenty of sleep, eating a nutritious diet, drink plenty of fluids and avoid high levels of stress.

IHCC Student Health & Wellness recommends visiting the Center for Disease Control @ [www.cdc.gov](http://www.cdc.gov) for further recommendations on vaccination and seasonal flu activity.