

FLU SEASON IS OPEN

BE PREPARED



PREVENTION

TO KEEP FROM GETTING THE FLU

- Wash your hands often throughout the day.
- Avoid close contact with people who are sick.
- Avoid touching eyes, nose or mouth, especially after touching surfaces that could be contaminated.
- Try to stay in good health
 - Get plenty of sleep
 - Be physically active
 - Manage your stress
 - Drink plenty of fluids
 - Eat nutritious food

GREAT FLU SHOOT-OUT

Watch for dates when flu shots will be available in your residence hall!

COMMON SENSE

KNOW WHAT TO DO ABOUT THE FLU

- Cover your cough - into your elbow or shoulder
- Wash hands frequently
- If you have a fever, stay home or in your room for at least 24 hours after the fever has ended.
- If you are bed-ridden, contact your RA for In-Room Dining and "Get Well Meals".
- Get regular seasonal flu vaccine at the flu shoot-out.

FLU SEASON SUPPLY LIST

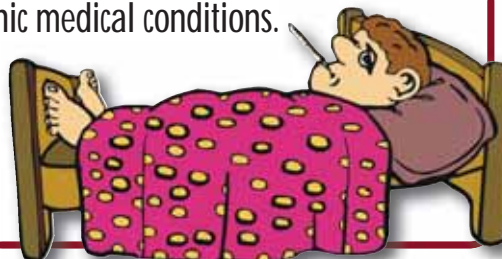
As the flu season approaches, in the event you may be confined to your room for a few days, here are some items to consider keeping in your room.

- Can opener
- Bottled water (1 Gallon Per Day)
- Canned soups, pastas, fruits or ready-to-eat meals
- Cold & flu symptom reliever
- Non-water based hand sanitizer
- Disposable plates, silverware, and napkins
- Trash bags
- Disinfecting surface cleaner for your room
- Comfort foods, cookies, juice, etc.)

IDENTIFY SYMPTOMS

WHAT ARE THE SIGNS AND SYMPTOMS OF FLU?

The symptoms of the flu include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting. As always, the flu may cause a worsening of underlying chronic medical conditions.



"Get Well Meals" can be arranged for delivery to your room on campus through Dining Services.

Many of these items can be purchased at the Cascade Country Store.