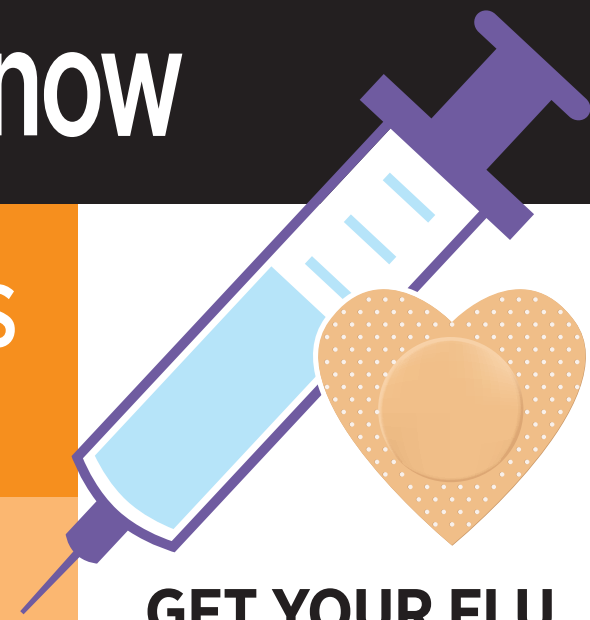


# Cold & Flu 2020: What You Need to Know



## Cold and Flu Prevention

- Eat healthy food, get plenty of sleep, and exercise.
- Wash your hands often, particularly when you are around people who are sick.
- Cover your mouth and nose when coughing and sneezing.
- Consider taking multi-vitamins or Vitamin C (possible benefit).

## Self-Care for Cold and Flu

- The common cold is an infection caused by one of 200 different viruses.
- Symptoms of cold or flu: runny nose, red eyes, sneezing, sore throat, dry cough, headache, body aches. Fever is not always present. Can last 1-2 weeks.
- Rest and drink extra fluids

## When to Call SHS 909.621.8222

- Very sudden symptoms of fever, chills, shaking, body aches, fatigue, or sudden weakness.
- Fever higher than 102°F for more than 2 days.
- Vomiting or diarrhea that last more than 3 days.
- Painful, swollen lymph nodes in throat.
- Painful pressure in ears or pus draining from ears.

## GET YOUR FLU SHOT TODAY!

Flu vaccinations are available at Student Health Services. Please call us at (909) 621-8222 to schedule an appointment.



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