Steps To Fight The Flu

**Flu symptoms:** Fever (usually high), headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose and muscle aches.

**Take time to get a flu vaccine.**
- CDC recommends a yearly seasonal flu vaccine as the first and most important step in protecting against this serious disease.
- Getting vaccinated is very important for people at high risk for serious flu complications, including young children, pregnant women and people with chronic health conditions or immunosuppression.
- People who live with or care for those at high risk should also get vaccinated to protect their high risk contact.

**Take everyday preventive actions.**
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Try to avoid close contact with sick people.
- If you get the flu, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.
- Contact your healthcare provider if your fever is 101 or higher for more than two days or if your symptoms are getting worse.
- Eat healthy food, drink plenty of water, exercise, get plenty of rest, do not smoke and avoid alcoholic beverages.

**If you do need medical assistance, we are here to help!**

  Student Health Center
  Appointments: 408.924.6122
  After Hours Advice Nurse Line: 1.866.935.6347

  Student Health Center: www.sjau.edu/studenthealth
  Santa Clara County: www.sccphd.org

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