Flu Season usually occurs between late fall and early spring. Flu is caused by a virus that infects the bronchial tubes and lungs. Symptoms can range from mild to serious. We encourage students to be aware of the early symptoms of influenza, and to take necessary action if they experience any of them.

Influenza (Flu) Symptoms may include some or all of the following:
- Headache
- Fever and/or Chills
- Cough
- Body Aches
- Sore Throat
- Runny or Stuffy Nose
- Extreme Tiredness (Fatigue)
- Nausea and/or Vomiting

Some combination of these symptoms will last from 1 to 10 days.

Steps to Take If You Have Symptoms
- If you have a fever of 100°F or higher, drink plenty of clear fluids and take acetaminophen 650 mg every 4-6 hours, acetaminophen 1000 mg every 6 hours, or ibuprofen 400 mg every 4 hours or 600 mg every 6 hours as needed. Do not use aspirin for cold or flu symptoms.
- Get plenty of rest.
- If you have a cough, drink 8 to 10 glasses of fluid daily (water provides the best hydration), inhale steam, and use over-the-counter cough medicines which contain dextromethorphan and/or guaifenesin. Warm water, honey and lemon can also be soothing.
- If you experience a sore throat, gargle with warm salt water (1/2 tsp salt in a cup of warm water), and use acetaminophen or ibuprofen and lozenges to ease discomfort.
- For congestion, drink clear fluids, take "over-the-counter decongestants" such as pseudoephedrine or phenylephrine, and use saline nasal spray.
- For headaches/body aches, get plenty of rest, stay hydrated and take acetaminophen or ibuprofen for pain.
- If you are not eating solid foods, try to consume fluids like 7-Up, apple juice, Gatorade or broth.

See your health care provider if you experience any of the following symptoms:
- Fever of 101°F or higher for more than 2 days
- Shaking chills
- Cough with chest symptoms of rattling, wheezing, shortness of breath or difficulty breathing
- Thick discharge from the nose or lungs
- Sore throat with difficulty swallowing
- Severe pain in your ears or face, or a sore neck with enlarged glands

Clinics and Hours of Operation
- To make an appointment for evaluation, call CHWS @ 879-1555
- Clinic Hours: Monday, Thursday and Friday: 8 a.m. to 5 p.m.
  Tuesday: 8 a.m. to 8 p.m.
  Wednesday: 10 a.m. to 5 p.m.
- The doors are closed daily from Noon to 1 p.m. reception staff are available by phone.
- After-hours consulting nurse at MultiCare Consulting Nurse Service: 253-403-7778

Prevention of Influenza and Upper Respiratory Infections
- Wash your hands and/or use a Hand Sanitizer as often as you can, especially after coughing, sneezing, blowing your nose, and before and after eating
- Protect others around you by covering your cough and sneezes. Cough into your elbow, not your hand
- Stay home and do not attend classes if you are ill
- Drink at least 8 to 10 eight ounce glasses of fluid each day. Water provides the best hydration
- Try to get at least 7 to 8 hours of sleep per night. Rest as much as possible during the day
- Avoid drinking alcohol. Avoid smoking and exposure to second-hand smoke

Other Web Sites for Information
CHWS: http://www.ups.edu/dsa/chws/home.htm
Tacoma-Pierce County Health Department Website: www.tpchd.org Washington State Department of Health Website: www.doh.wa.gov Centers for Disease Control and Prevention Website: www.cdc.gov CDC Flu Webpage for Colleges: www.cdc.gov/flu/school/college.htm