Cold & Flu Information

UofL Campus Health Services
louisville.edu/campushealth

Cold and flu share many similar symptoms, but they are two different conditions.

**Cold symptoms:**
- are generally milder than flu symptoms
- develop slowly
- can include:
  - Fever rarely more than 100 degrees
  - Runny or stuffy nose (often with green or yellow-colored discharge)
  - Sore throat
  - Sneezing, Cough
  - Fatigue and muscle aches
  - Headache
  - Watery eyes

**Flu symptoms**
- usually appear suddenly
- can include:
  - Fever over 101.1 degrees
  - Stuffy nose
  - Nausea, loss of appetite
  - Flu may include diarrhea
  - Chills and sweats
  - Fatigue and muscle aches, especially in your back, arms and legs
  - Cough
  - Headache

FREE
Cold and Flu Self-Care Kits available at:
- Campus Health Medical Services
- Health Promotion Office
- Flu Shot stations

Keep these items in your self-care kit:
- personal thermometer
- salt to mix with warm water (for gargling)
- saline nasal spray (to decrease congestion)
- acetaminophen and/or ibuprofen (for aches, fever, and chills)
- hand sanitizer
- tissues

Do I have a cold or is it the flu?

Get a FREE flu shot!

More information at http://louisville.edu/campushealth/
How can I reduce my chance of getting a cold or the flu?

- Keep hands away from nose, mouth and eyes.
- Cover coughs and sneezes in the bend of your arm or with tissue.
- Get rid of used tissues right away.
- Wash your hands after a cough or sneeze.

**Get the flu shot each year before the flu season begins!**

The flu shot contains dead viruses. You cannot get the flu from the flu shot or nose spray vaccine.

What can I do to feel better?

- **Rest.** - Get plenty of rest, especially if you have a fever.
- **Drink lots of fluids.**
  Non-caffeinated fluids like water and herbal tea are best, keep you hydrated and loosen mucus.
- **Use acetaminophen or ibuprofen.** – Helps with aches, pain, and fever.
- **Gargle with warm, salt water a few times a day for throat irritation.**
  - Throat sprays and lozenges or herbal tea with honey help relieve sore throats.
- **Use saline (salt water) nasal spray.** – Saline helps loosen mucus and moisten skin in your nose.
- **Stop smoking and avoid secondhand smoke.**
- **Do not drink alcohol.**

When do I need medical help?

**Call Campus Health or your doctor for:**
- Fever above 101.1 degrees for 2 or more days
- Flu symptoms that last more than 5 days
- Repeated vomiting and/or diarrhea lasting more than 24 hours

**Call Campus Health or your doctor **right away if you have flu symptoms and:**
- Have other medical issues.
  - asthma or lung disease, heart disease, diabetes, endocrine disorders, immune system disorders, morbid obesity, kidney or liver disease, or cancer
- Are pregnant
- Older than 65

**Go to the Emergency Room or call 911 if you have any:**
- Chest pain
- Fainting
- Repeated vomiting or diarrhea
- Confusion/ disorientation
- Very bad headache or pain in face
- Trouble breathing or shortness of breath