

# Cold & Flu Information



## UofL Campus Health Services

[louisville.edu/campushealth](http://louisville.edu/campushealth)

502-852-6479 Belknap

502-852-6446 HSC

502-852-5429 Health Promotion

*Promoting your health, vitality,  
resilience and academic excellence.*

## 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?

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

## 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.
- Keep away from sick people and their things.
- Eat healthy foods.
- Exercise regularly.
- Get enough sleep.

**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