

# COLD & FLU SYMPTOMS

Common colds are the main reason that children miss school and adults miss work. Each year in the United States, there are millions of cases of the common cold. Adults have an average of 2-3 colds per year, and children have even more.

Influenza, also known as the flu, is a contagious respiratory illness caused by flu viruses. It can cause mild to severe illness, and at times can lead to death. The flu is different from a cold, as it usually comes on suddenly.

Listed below are cold and flu symptoms, as well as prevention and treatment information.

## COLD SYMPTOMS

Stuffy nose	Sore throat
Sneezing	Mild fatigue/weakness
Hacking cough	General aches and pains
Fever	Headache
Extreme exhaustion (rare)	Chest pain

## PREVENTION



### WASH YOUR HANDS WITH SOAP AND WATER

Wash your hands for approximately 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer. Viruses that cause colds can live on your hands, and regular hand washing can help protect you.



### AVOID TOUCHING YOUR FACE

Try not to touch your eyes, nose, and mouth with unwashed hands. Viruses that cause colds can enter your body this way and make you sick.



### STAY AWAY FROM OTHERS WHO ARE SICK

Sick people can spread viruses that cause the common cold through close contact with others.

Other tips to prevent getting a cold include: do not share drinking or eating utensils with others, avoid smoking and second hand smoke, and keep your immune system healthy by getting plenty of rest, eat well balanced meals, drink plenty of fluids, manage your stress, and exercise regularly.

## TREATMENT

Over-the-counter medications may provide temporary relief of cold symptoms. If symptoms worsen or last longer than 1 week, please see a doctor.

[www.eiu.edu/health](http://www.eiu.edu/health)

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## FLU SYMPTOMS

High fever (3-4 days)	Headaches
Severe aches and pains	Fatigue and weakness (2-3 weeks)
Extreme exhaustion	Hacking cough
Chest pains	Runny or stuffy nose
Sneezing	Sore throat

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### GET YOUR ANNUAL FLU VACCINATION

Flu vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection with the viruses that are in the vaccine. Visit [www.eiu.edu/health](http://www.eiu.edu/health) for more information on how to receive a FREE flu shot through Health Service.

Other tips to prevent getting a cold include: do not share drinking or eating utensils with others, avoid smoking and second hand smoke, stay away from others who are ill, and keep your immune system healthy by getting plenty of rest, eat well balanced meals, drink plenty of fluids, manage your stress, and exercise regularly.

## TREATMENT

Over-the-counter medications may provide temporary relief of flu symptoms. However, depending on the flu strain, prescription medication may be more beneficial.

## EIU HEALTH SERVICE & PHARMACY

EIU Pharmacy carries a variety of over-the-counter (OTC) medications so students don't have to leave campus! Available OTC medications include, but are not limited to: pain, fever, cough, cold, allergy, sore throat, heartburn, nausea, and topical. For a complete list, please visit [www.eiu.edu/health](http://www.eiu.edu/health).

To make an appointment to see a Health Service provider, login into the MyHealth Portal located on the Health Service webpage, call (217) 581-3013, or stop by the Human Services building and see an Appointment Clerk.

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