STAYING HEALTHY during COLD & FLU SEASON

BY MU STUDENT HEALTH CENTER
TREATING COLD & FLU

FOR SORE THROAT, BODY ACHEs, FEVER

• Take acetaminophen (such as Tylenol)
• Alternate with ibuprofen (such as Advil)
• Take them “around the clock;” at the frequency in the directions — not just when symptoms occur

• Use a cough syrup with the suppressant dextromethorphan, which is usually combined with guaifenesin (a mucus thinner);
• Take it at the frequency indicated on the product directions — not only when your cough worsens.

CONSUME PLENTY OF LIQUIDS

• Fluids are important during a fever;
• Consume fruit juices, sports drinks, soup and water;
• Do not use sugar-free drinks for rehydration.

CALL STUDENT HEALTH AT 573-882-7481 IF ...

• A fever that remains over 100.4 degrees for two days, regardless of your normal body temperature
• Productive cough
• Breathing difficulty
• Chest pain or other new severe symptoms

LIMIT CONTACT WITH OTHERS

• Stay home from work and class to avoid infecting others.
PROTECT YOURSELF during COLD & FLU SEASON

USE YOUR ELBOW

Cough or sneeze into your elbow. Typically the inside of your elbow doesn’t come into contact with anyone.

WASH OR SANITIZE YOUR HANDS

• After coughing or sneezing, or before eating.
• Especially after using computer labs or using equipment in other public spaces.
• Keep alcohol-based sanitizer with you.

AVOID SPREADING GERMS

By not touching your eyes, nose or mouth — the primary way germs are spread.

MU Student Health Center • 573-882-7481 • studenthealth.missouri.edu
GET SOME EXERCISE

Getting your blood pumping for 30 minutes can stimulate your immune system — and it will make you feel good! Head to the Rec Center.

BUY A THERMOMETER

One way to differentiate the flu from other viruses is by fever, and a digital thermometer should be part of your first aid kit — you can buy them for less than $10.

SHARING ISN’T CARING

Don’t share food, drinks, cell phones, etc.
OVER THE COUNTER (OTC)

It’s better to treat your primary symptoms than take a medicine that has multiple functions. The following are common OTC medicines and how they work. Always READ THE LABEL to avoid interactions.

**EXPECTORANTS**

LOOSENS:
- thick secretions and

HELPS REMOVE:
- drainage from your sinuses and chest

EXAMPLES:
- Guaifenesin (Mucinex)

OTHER:
- drinking 8 or more glasses of water
- steam bath or hot shower
- humidifier
- saline nasal spray

**DECONGESTANTS**

HELPS ALLEVIATE:
- nasal congestion
- sinus pressure and ear pressure

EXAMPLES:
- Pseudoephedrine (Sudafed, it’s kept behind the counter
- Phenylephrine (PE) is a weaker, less effective decongestant
- Oxymetazoline is a potent nasal spray

**ANALGESICS**

CONTROLS:
- fever
- muscle aches
- headache
- sore throat

EXAMPLES:
- Acetaminophen (Tylenol)
- Ibuprofen (Advil)
- Naproxen (Naprosyn)
- Aspirin

**COUGH SUPPRESANTS**

KINDA HELPS:
- Modest success in alleviating coughs that commonly accompany acute respiratory infections

EXAMPLES:
- Dextromethorphan (Robitussin DM or Delsym)

MU Student Health Center • 573-882-7481 • studenthealth.missouri.edu
WHEN SHOULD I GET THE FLU SHOT?

Get your flu shot AS SOON AS IT IS AVAILABLE. Flu season usually peaks in January or February, but it can occur as late as May. GETTING YOUR SHOT AS EARLY AS OCTOBER IS MOST EFFECTIVE, but it isn’t too late to get your vaccine in December or January.

WHERE CAN I GET THE FLU SHOT?

MU STUDENT HEALTH CENTER
Free with your student ID.
Call for an appointment
573-882-7481

AT ANY PHARMACY
Any number of pharmacies throughout Columbia and in your home town have the flu vaccine. Stop by one today.

WHO SHOULD GET THE FLU SHOT?

EVERYONE 6 MONTHS AND OLDER
Everyone from 6 months and up should get the flu vaccine. It has a good safety record and the more people that get vaccinated, the safer we all are.

PEOPLE AT HIGH RISK
Individuals who live in close proximity, like college students, should get the flu shot to protect themselves and others.

EVERYONE 6 MONTHS AND OLDER

PEOPLE AT HIGH RISK