

15 February, 2017

Flu Season is here!

The UW-L Student Health Center wants to make you aware of large numbers of students experiencing influenza illness on the UW-L campus.

Influenza is a viral illness which generally causes the following symptoms: fever and chills with temperatures averaging 102-103 degrees F, headache, body aches, loss of appetite, fatigue, runny nose, dry cough, and sore throat. Influenza tends to occur in epidemics and is very contagious. The “flu” usually lasts for 7-10 days but some symptoms may not go away for 2-3 weeks. Because Influenza is caused by a virus, antibiotics are not of any value. Antiviral medication may be helpful in specific patients if started within the first 24-48hrs. of the illness.

You will find more information about influenza here:

<https://www.cdc.gov/flu/about/disease/complications.htm>

<http://www.webmd.com/cold-and-flu/cold-guide/flu-cold-symptoms#1>

Students who are diagnosed with influenza are instructed to avoid social contact, including attending class and work, until they are no longer running a fever. This is to help decrease the spread of influenza to others.

Here is more information about how to take care of yourself if you have symptoms of influenza:

<http://www.mayoclinic.org/diseases-conditions/flu/manage/ptc-20248168>

The best ways to prevent the spread of the influenza virus include the following:

1. Get an Influenza vaccine. The Student Health Center still has vaccine available. Call 785-8558 and arrange to get your vaccine as soon as possible!
2. Wash your hands with soap and water frequently or use an alcohol-based hand sanitizer throughout the day.
3. Cover your nose and mouth with a tissue when you cough or sneeze and throw the tissue in the trash after using.
4. Avoid touching your eyes, nose, or mouth—this spreads germs!
5. If you are sick with a flu-like illness, stay home except to get medical care.

If you need to seek medical care, you may call the Student Health Center (785-8558) or access an online appointment through the web portal (<https://myhealth.uwlax.edu>)