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## Flu Vaccine Schedule

McKinley Health is providing  
free flu vaccines all month  
long!

- 10/03/12-ARC, 4-7pm
- 10/04/12-Grainger Library,  
3:30-6:30pm
- 10/10/12-Beckman/main atrium,  
11am-2pm
- 10/11/12-Newman Hall, dining  
area, 11am-2pm
- 10/15/12-ARC, 4-7pm
- 10/16/12-Grainger Library,  
3:30-6:30pm
- 10/17/12-Undergrad Library,  
1:30-4:30pm
- 10/18/12-Undergrad Library,  
1:30-4:30pm
- 10/25/12-Union/Room B, 11-2
- 10/29 /12-Undergrad Library,  
1:30-4:30pm
- 10/30/12-Beckman/main atrium,  
11am-2pm

References: <http://www.familyhealthissues.com/swine-flu.html>



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## WINTER SURVIVAL

# Cold and Flu

**Flu** -Influenza, commonly referred to as the "flu," is an extremely contagious respiratory illness caused by viruses. The flu virus attacks the body by spreading through the upper and/or lower respiratory tract. The flu appears most frequently in winter and early spring.<sup>15</sup>



# Cold and Flu

## WHAT'S THE DIFFERENCE BETWEEN A COLD AND THE FLU?

The common cold and flu are both contagious viral infections of the respiratory tract. Although the symptoms can be similar, the flu is much worse.

A cold may make you feel weak, but the flu can make you feel so sick you do not want to get out of bed. With the flu, you are likely to run a high fever for several days and have a headache, body aches and feel weakness and tired. Usually, complications from colds are relatively minor but a severe case of the flu can lead to a life-threatening illness such as pneumonia.<sup>15</sup>



## HOW THE FLU IS SPREAD:

The flu virus is spread from person to person through fluids from sneezing, coughing and talking. It typically affects large groups of people who spend time in close contact, such as in daycare facilities, school classrooms, college dormitories, military barracks, offices, and nursing homes.<sup>15</sup>

Flu symptoms start to develop one to four days after infection with the virus. Sharing drinks, utensils, or handling items contaminated by an infected person could spread the flu virus.<sup>15</sup>

## COMMON SYMPTOMS:

Fever or feeling feverish/chills - If you have a fever stay at home for at least 24 hours after fever has stopped without using medications to reduce it. (It's important to note that not everyone with flu will have a fever!)



- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

## HOW TO PREVENT THE FLU:

- Get a flu vaccine at McKinley or one of our outreach stations.
- Wash hands often with warm water for 15-20 seconds
- Cover mouth and nose with a tissue or the inside of your elbow when coughing or sneezing.
- Use hand sanitizer when unable to wash hands.

