Individuals and communities get the flu. Take good care of yourself and help limit the spread of flu viruses to others at all times.

What is the flu?
Flu is a contagious viral infection of the respiratory tract (nose, throat, bronchial tubes, and lungs). It can cause a wide range of symptoms, including fever, cough, sore throat, body aches, headache, chills and fatigue. Some people may also experience diarrhea and vomiting. A case of the flu can vary in severity from mild to severe. If you have a chronic health condition or are pregnant, you may be at higher risk for serious flu-related complications (see box on next page).

What isn’t the flu?
It's easy to confuse a common cold with flu. In general, colds are usually milder and don't last as long as flu symptoms. People with colds are more likely to have a runny or stuffy nose without a fever.

Don't confuse influenza with intestinal flu, which is caused by a different virus that creates gastrointestinal problems.

What to do if you get the flu

- Rest up
  Sleep is the best thing you can do to heal and recover. Although it may be difficult to arrange in your hectic life, your body needs bed rest for at least a day or two to fight off the infection and avoid further complications. If you don't rest when you're sick with the flu, it will take longer to recover fully. For concerns about missing class when ill, visit www.gannett.cornell.edu (search “health excuses”).

- Drink lots of clear liquids
  The fever that often accompanies the flu causes your body to use more fluid than usual. As a result, you can become dehydrated, which will increase fever. To avoid dehydration, drink at least 6 to 8 glasses of water, broth, herbal tea, gatorade, or another non-caffeinated carbonated beverage daily while you’re sick with the flu.

- Take in adequate nutrition
  Your immune system needs the support of adequate nutrition to recover well (soups, juices, applesauce, and other bland foods may be most comfortable).

- Monitor your temperature
  Be aware that you are most contagious when you have a fever.

- Treat symptoms
  You may recover more comfortably by taking non-prescription medications to treat symptoms, including ibuprofen or acetaminophen for aches and pains; lozenges for sore throat; decongestants for runny nose. Do NOT take aspirin or aspirin containing medicines due to the risk of Reye's Syndrome in young people. When in doubt, call Gannett and consult with a nurse.

Antibiotic treatment is not effective for flu, as flu is caused by a virus.

Protect others when ill

- Keep a distance (6 feet) from others.
- Cover your mouth and nose with a tissue when coughing or sneezing to keep those around you from getting your germs.
- Stay home from class, work, social gatherings, errands, and non-essential activity until you have been fever-free for at least 24 hours (fever should be absent without the use of fever-reducing medicines).

When to get medical assistance
Call Gannett if your symptoms worsen or complications develop, including:

- Difficulty breathing
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion or change in level of consciousness
- Severe or persistent vomiting
- Severe sore throat, with swollen glands in your neck
- Symptoms improve but then return with fever and a worse cough
- Unidentified rash
- Fever of over 100°F lasting for more than three days
**Antiviral therapy**

Antiviral drugs are offered by prescription only and should be used early to treat flu in people who are very sick and those who have a greater chance of getting serious flu complications.

Most healthy people with flu do not need antiviral therapy to recover well. If you think you might benefit from antiviral therapy, call your clinician (students, call Gannett) to discuss your options. Antiviral medications are most effective when taken in the first 24 to 48 hours of illness.

**Flu vaccine**

**WHY?** Public health officials and primary care providers agree: the *most important thing you can do to avoid getting the flu* this season (and missing out on a week of whatever you had planned) is to get a flu vaccine. The CDC recommends that everyone (over 6 months) get vaccinated every year to protect against the flu. The vaccine is updated annually to protect against the types and strains of viruses most likely to be in circulation. This year's vaccine is well-matched to the viruses causing illness in the US.

**WHERE?** Ask for a flu vaccine while you’re at Gannett. You may also schedule an appointment by calling 607-255-5155, or online via myGannett (the blue button on any Gannett web page).

**HOW MUCH?** Flu vaccines are free to Cornell students, staff, faculty, and retirees as a benefit from the University (Cornell ID required). A $35 fee applies to student spouses and domestic partners who are not enrolled in Cornell’s Student Health Plan (SHP).

**SIDE EFFECTS?** In spite of rumors to the contrary, getting a flu vaccine does not give you the flu, and the risk of having a severe allergic reaction to the shot is less than 1 in 4 million. Your arm and/or body may ache for a day or two, but it shouldn’t set you back on your study, work, or fun.

**Pay attention to prevention**

The flu is highly contagious and spreads by contact with the oral and nasal secretions of others who have been infected.

So please, follow the advice you’ve heard all your life about what you need to do to stay healthy.

- Wash your hands often with soap and water (use an alcohol-based hand sanitizer when you don’t have access to a sink).
- Don’t share eating and drinking utensils, lip balms, etc.
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, or mouth. Germs are spread when a person touches something that is contaminated and then touches her or his eyes, nose, or mouth.
- Take care of your immune system by eating well, getting plenty of sleep, engaging in physical activity, and managing stress.

**People at Greater Risk of Developing Flu-Related Complications:**

- People of any age with certain chronic medical conditions, including (but not limited to):
  - asthma
  - diabetes
  - immune suppression
  - heart, lung, kidney, or liver disease
- Children under 5, but especially children younger than 2 years old
- Adults 65 years of age and older
- Pregnant women

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Gannett Health Services educational materials are designed to give you general health information. They should not be relied upon for personal diagnosis or treatment. Only your health care provider is qualified to give you a medical opinion. Please talk with a Gannett provider if you have any questions or concerns.