

Cy says, **STAY HEALTHY** and prevent the spread of the flu!

GET THE FLU VACCINE!

It's available at Student Health.



WASH YOUR HANDS!

Especially after you
blow your nose, cough
or sneeze!

AVOID!

Avoid close contact
with people who
are ill with the flu.

COVER YOUR COUGH!

Cover your nose and mouth with
a tissue (or your elbow) when
you cough or sneeze.
Wash your hands after!

TAKE CARE OF YOURSELF!

Get plenty of sleep, eat a nutritious
diet and avoid high stress levels.

What do you do if you

GET THE FLU?

STAY HOME!

Stay home until your symptoms
subside.

REST!

Rest, drink plenty of fluids and
consider an over-the-counter
medication to help with your
symptoms.



Most cases of the flu won't require a visit to the doctor. Call your doctor if you experience worsening symptoms like: increased cough with shortness of breath or periods of prolonged fever greater than 101 F that aren't relieved by taking over-the-counter, fever-reducing medications.

For all your health needs, visit the
Thielen Student Health Center at
www.cyclonehealth.org.

IOWA STATE UNIVERSITY.
Thielen Student Health Center

IOWA STATE UNIVERSITY
Department of Residence