INFLUENZA PRECAUTIONS

THINGS YOU CAN DO TO LESSEN YOUR CHANCES OF CONTRACTING THE FLU:

1. Wash your hands often
2. Keep your immune system healthy by eating a well balanced diet, drink plenty of fluids and get the proper amount of sleep each day.
3. Do not drink from another’s glass or soda bottle/can or share such items as toothbrushes, pens or pencils.
4. When you cough, cough into your elbow and not your hand

COMMON FLU SYMPTOMS

• FEVER
• CHILLS
• HEADACHE
• BODY ACHES
• EXTREME TIREDNESS OR WEAKNESS
• DRY COUGH
• STUFFY OR RUNNY NOSE
• SORE THROAT

STUDENT HEALTH SERVICES HAS THE FLU VACCINE ON HAND. IF YOU ARE INTERESTED PLEASE STOP BY STUDENT HEALTH. IF YOU HAVE QUESTIONS PLEASE CONTACT STUDENT HEALTH AT 893-1560 OR BY E-MAIL TO parker@campbell.edu

If you received the Flu vaccine, there is a chance that you may still contract the flu but normally you will experience milder symptoms and a shorter period of illness.

Student Health Services Hours
Mon – Thu 8am – 4pm
Friday 8am – 12 noon