## **COLD AND FLU**

## **COLD AND FLU**

UNIVERSITY OF

OREGON

season occurs annually during the colder half of the year within each hemisphere. Cold and flu viruses are contagious and can remain infectious for up to 24 hours on surfaces. There is no cure for either illness. Flu vaccines are recommended for most individuals yearly. The primary way the viruses spread is through coughing and sneezing without covering your mouth. The university has cleaning measures in place to help lower virus transmission rates. Nothing proves as effective as individual actions for cold and flu prevention. Get a flu shot and practice proper hygiene to protect yourself and others.



Flu vaccines are offered yearly at the University Health Center.



Wash your hands frequently to lower your risk of getting sick!



If sick, stay home for 24 hours after your fever breaks!



Safety and Risk Services 1260 University of Oregon Eugene, OR 97403 safety.uoregon.edu/safetysheets Environmental Health and Safety ehsinfo@uoregon.edu 541-346-3192

Laboratory Safety Manager /BSO - Hallie Hoskins hallieh@uoregon.edu

\*Does not act in place of official training. Contact EHS.

Updated: 01/20

## **DIFFERENCES:**

**FLU SYMPTOMS** 

- Fast onset •
- Fever .
- Chills •
- Body aches •
- Pains •
- Weakness •
- Fatigue •
- Lasts 1-2 weeks •
- Lingers 2-3 weeks •

## WHAT TO DO!

- Get a flu vaccine as soon as they are available. •
- Wash your hands frequently to lower your risk of getting sick!
- If sick, stay home 24 hours after your fever breaks.

- Cover your mouth when you sneeze or cough!

- - Runny, stuffy nose
  - Congestion
  - Sneezing

  - Last 3-10 days

**COLD SYMPTOMS** 

- Builds over 48 hours

- Coughing
- •