



COLD AND FLU

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.

DIFFERENCES:

FLU SYMPTOMS

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

COLD SYMPTOMS

- Builds over 48 hours
- Runny, stuffy nose
- Congestion
- Sneezing
- Coughing
- Last 3-10 days

WHAT TO DO!

- Get a flu vaccine as soon as they are available.
- Wash your hands frequently to lower your risk of getting sick!
- Cover your mouth when you sneeze or cough!
- If sick, stay home 24 hours after your fever breaks.



Flu vaccines are offered yearly at the University Health Center.



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