

## PREPARE NOW TO BEAT THE FLU!

### ASSEMBLE YOUR FLU TOOLKIT NOW

1. Thermometer
2. Acetaminophen (e.g. Tylenol) and/or ibuprofen (e.g. Motrin) for fever and body aches
3. Hand sanitizer (at least 60% alcohol content is preferred)
4. Sore throat lozenges or spray (similar to Chloraseptic, generic is ok)
5. Cough syrup (similar to Robitussin DM, generic is ok)

**Your local pharmacy will sell these items. The closest pharmacies to campus are Walgreens on Oakland and Locust or CVS on Downer and E. Bellview Pl.**

*In addition, add the following items and information to your "Kit"*

- Tissues
- UWM's influenza website [www.flu.uwm.edu](http://www.flu.uwm.edu) for updates on recommendations and influenza vaccine availability.
- Contact numbers: If you have no symptoms and are a student with general questions, call 414-229-6668 (Colleen at Norris Health Center's Office of Health Promotion and Wellness)

### KNOW what to do if you get sick:

- The signs and symptoms of flu include: **Fever** over 100 degrees F , **cough**, sore throat, and body aches.
- Most individuals who get the flu who do not have a high risk condition do not need to be seen by a health care provider.  
Go to <http://www.cdc.gov/h1n1flu/sick.htm> and print out "What to do if you Get Flu-Like Symptoms," for more details. If you are pregnant or have a chronic medical illness, contact your healthcare provider.
- If you think you need to be seen by a medical provider, call the clinic first before going to the clinic and be able to tell them what your temperature is as measured by a thermometer! If SICK and are a student, call your personal healthcare provider, Norris Health Center at 414-229-4716, or an urgent care center after hours and weekends.
- If you get these symptoms, stay home from class and work, and avoid other people
- Consider going home to an off campus residence, like the home of your parents or a relative.
- Stay home for at least 24 hours after you no longer have a fever or signs of a fever, without the use of fever-reducing medicines, such as acetaminophen or ibuprofen.
- Practice good hand hygiene, wash your hands often with soap and water and/or use alcohol-based hand sanitizer, especially after coughing and sneezing.
- Cover your mouth and nose with a tissue when you cough or sneeze, dispose of used tissues in the trash. If you don't have a tissue, cough or sneeze into your elbow or shoulder, not into your hands.

***Seek immediate medical attention at an urgent care center or emergency room if you develop any of the following:***

- ✓ *shortness of breath or trouble breathing*
- ✓ *pain or pressure in the chest or abdomen*
- ✓ *severe or persistent vomiting*
- ✓ *confusion or sudden dizziness*