

**Cold, Flu, and Norovirus Season
is here...GET THE FACTS!**

WHAT DO I DO...COLD AND FLU!

The common cold is a viral illness of your upper respiratory tract — your nose and throat. Any viral illness are normally harmless but don't always feel that way!

Viral illness can last anywhere from 1-2 weeks. Over the counter medications such as Tylenol and Ibuprofen can help symptoms but **ANTIBIOTICS** will not help resolve it!



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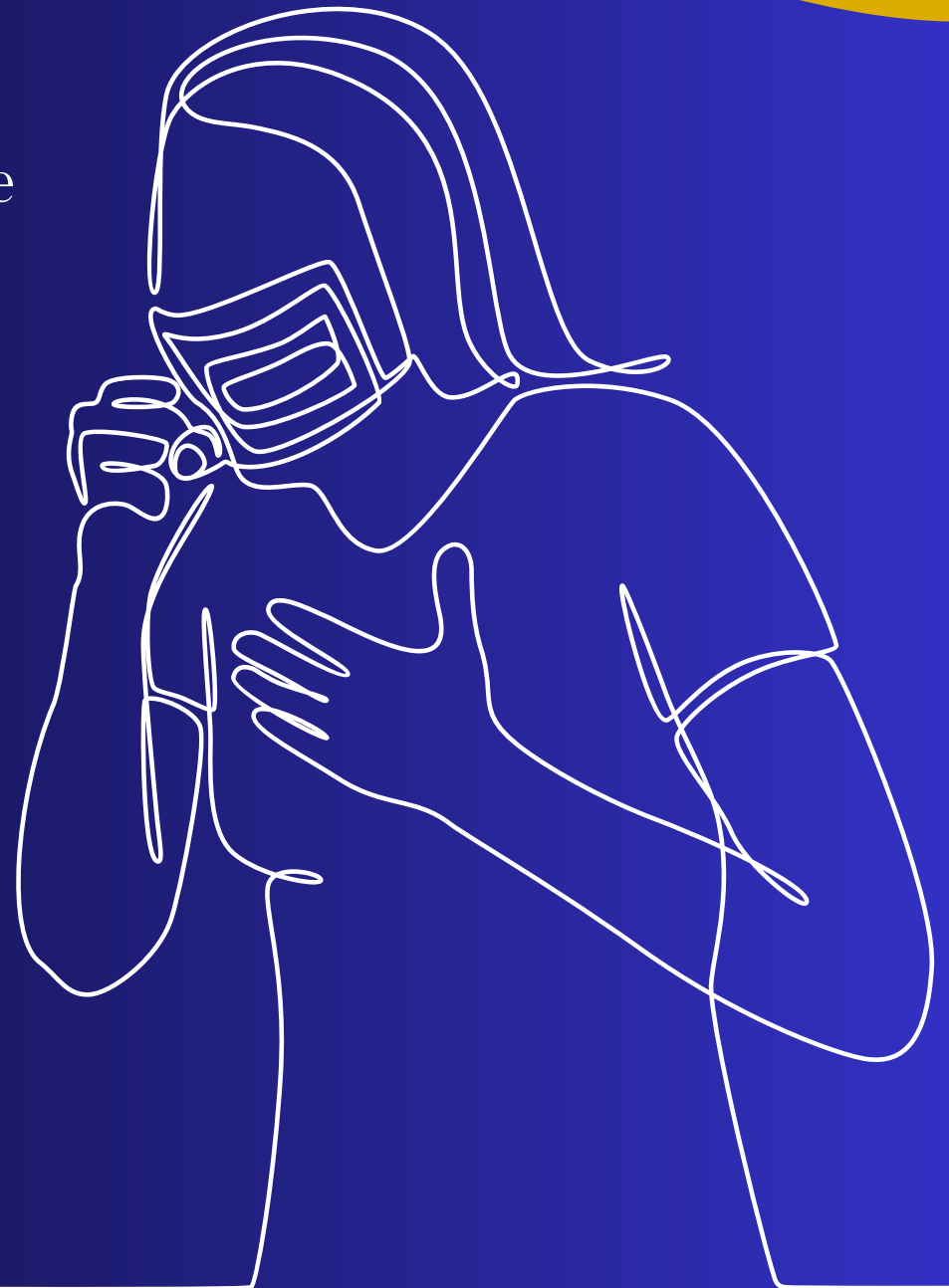
Signs & Symptoms and when to seek help!

Signs & Symptoms :

- Sore throat
- Nasal congestion or runny nose
- Post-nasal drip
- Cough
- Fever
- Headache

When to seek medical care:

- Fever higher than 101 F
- Symptoms last longer than 1-2 weeks
- At home remedies are not comploiant
- Addtional past medcal history (Asthma, autoimmune diseases, diabetes, etc.)
- If after 48 hours you have tried medication at home and are not seeing any relief

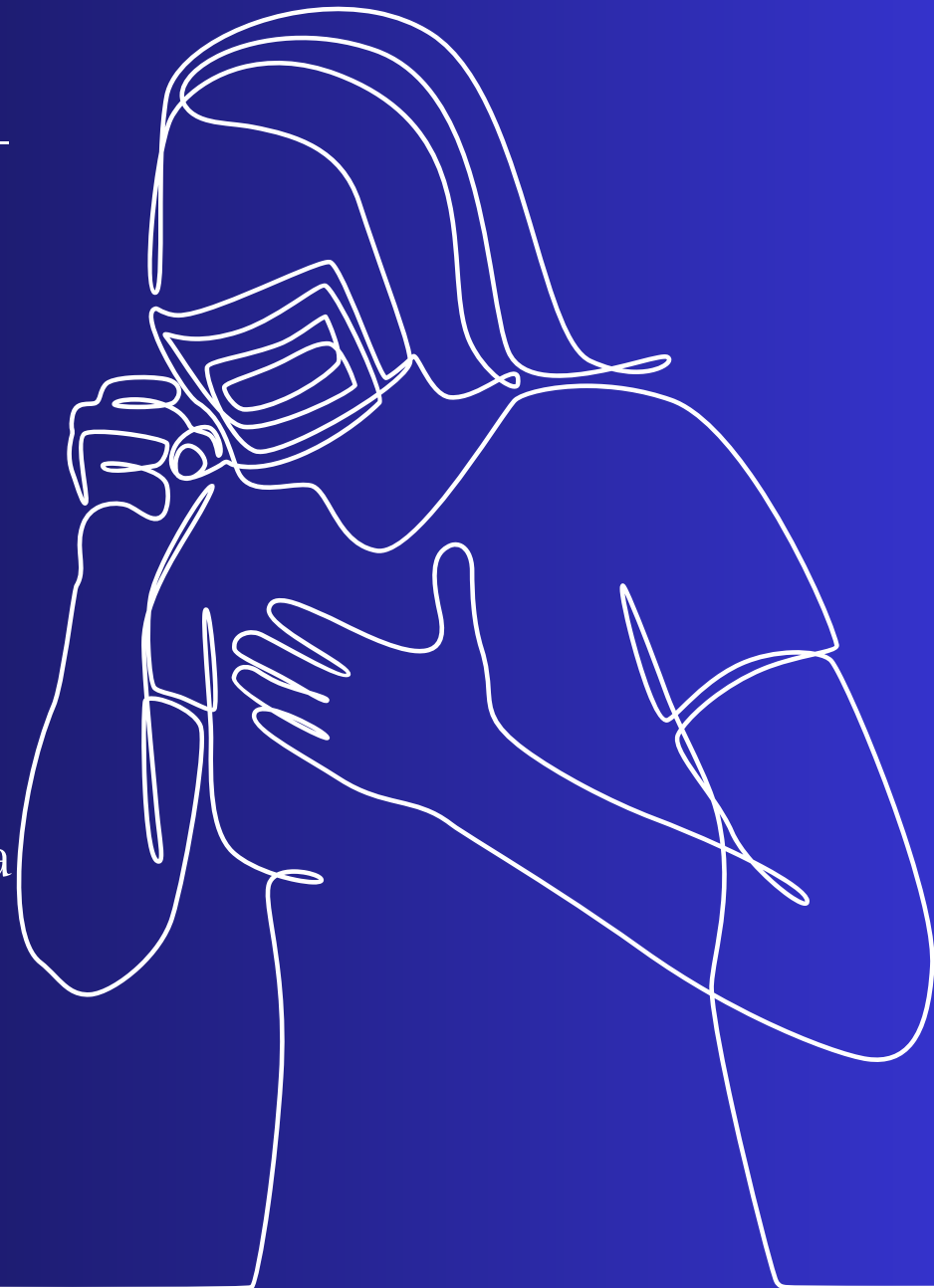


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Self-Care at home is your first defense!

- Rest and stay hydrated.
- Drink plenty of fluids; water, juices, non-caffeinated tea.
- Increase humidification by taking a warm shower or using a humidifier or vaporizer.
- Gargle with warm salt water, 1/2 tsp of salt in 4 ounces of warm water, several times a day.
- Hard candies, throat lozenges, ice chips, jello, and popsicles may be soothing for a sore throat.
- Come get a self-care baggie at Student Health Services that has everything you need to combat cold/flu symptoms.



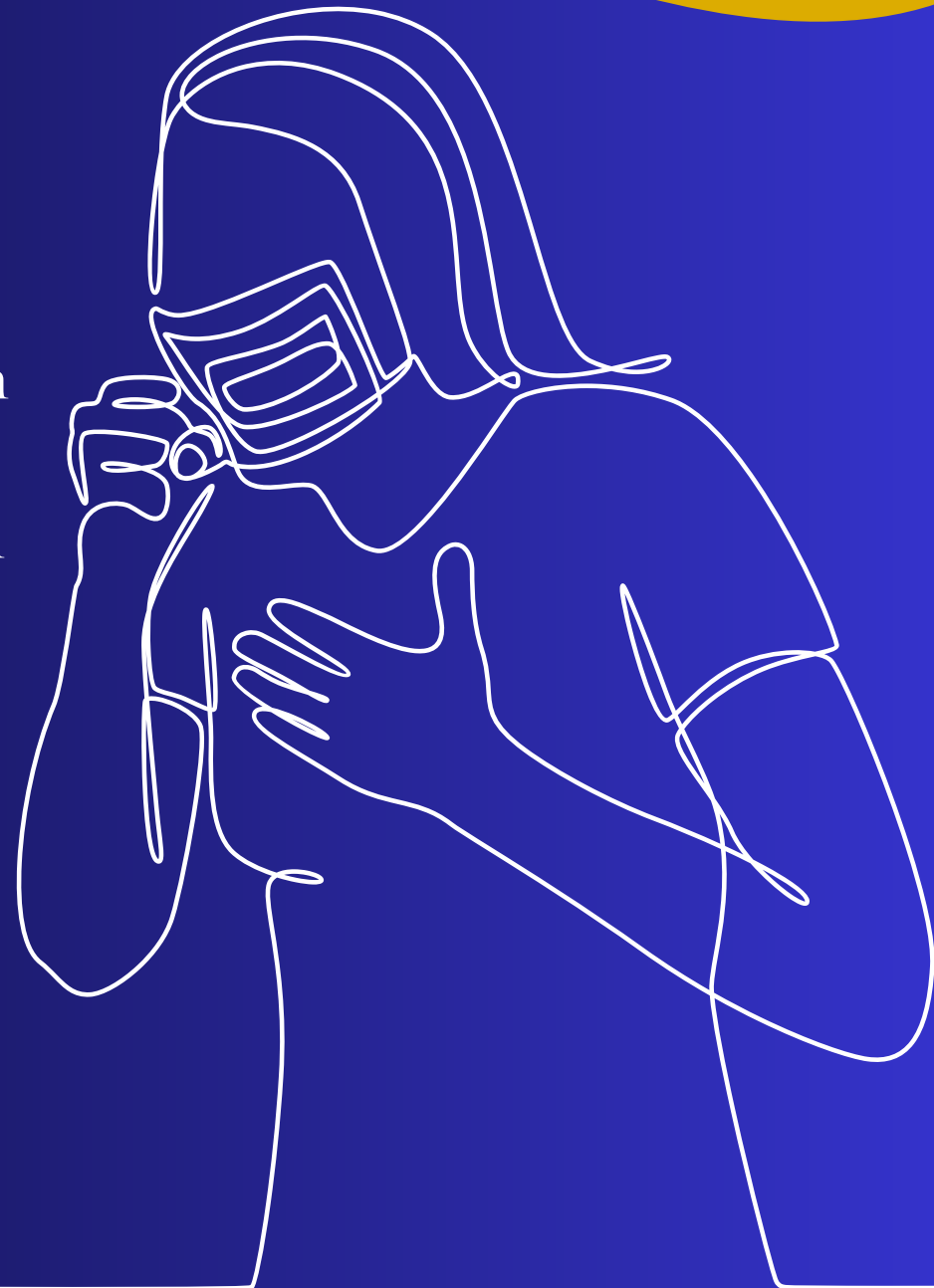
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Over the counter medications you should consider taking

Over the counter medications:

- CAUTION: Always follow package instructions.
- Ibuprofen or acetaminophen (Motrin or Tylenol); fever, discomfort, inflammation
- Pseudoephedrine or Phenylephrine (Sudafed or Neo-synephrine); congestion
- Guaifenesin (Mucinex or Robitussin); cough, congestion
- Dextromethorphan (robitussin DM or Delsym); cough
- Oxymetazoline (Afrin) or Fluticasone (Flonase); ear fullness or pressure



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What do I do...the stomach flu!

The symptoms of nausea, vomiting and diarrhea, which is often called “the stomach flu” or gastroenteritis, are often caused by a virus in the intestines.

The “stomach flu” is usually caused by coming in contact with a sick person or ingesting contaminated food or water. Symptoms can vary and tend to appear 1-3 days after you are infected. Most symptoms resolve within 48-72 hours. There is no “cure”, so managing symptoms while your body heals is best.



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Signs & Symptoms and when to seek help!

Signs & Symptoms:

- Loose and watery stool
- Nausea, vomiting or both
- Abdominal cramping
- Generalized body aches
- Headache

When to seek medical care:

- Unable to keep clear liquids down for >24 hours.
- Vomiting for more than 2 days.
- Vomiting blood or have bloody diarrhea.
- Fever > 101F.
- Signs of dehydration: excessive thirst, dizziness, severe weakness, dark yellow or little to no urine.



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Self- Care at home if your first defense!

- Don't try to eat or drink anything while you are vomiting frequently.
- When your stomach begins to settle, try SIPS of clear liquids only, limit to 8 ounces per hour initially. If you are doing well with sips, try to start drinking larger amounts slowly.
- Examples of clear liquids are: ice, water, soft drinks, tea, Kool-Aid, ice popsicles, sports drinks, Jell-O.
- When you are tolerating fluids well and have not had any vomiting for at least 8 hrs. You can try the BRAT diet: Bananas, Rice, Applesauce and Toast. You can also try plain bagels, saltine crackers and baked potatoes. No cream soups, meats, vegetables or salads.
- When you are doing well on the BRAT diet for at least 24 hrs., gradually begin eating a regular diet. Avoid any dairy products, spicy and fried foods as well as caffeine, alcohol, and nicotine for another day or so.
- Come get a self-care baggie at SHS that has things to help combat symptoms of the "stomach flu".



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Over the counter medications you should consider taking

Over the counter medications:

- Try over-the-counter medications:
Bonine or Dramamine Less
Drowsy (meclizine 25 mg.) every
6-8 hours as needed for nausea.
Pepto Bismol or Immodium AD
may be effective for diarrhea.
Tylenol is a good choice for fever
or aches because it is gentle on
the stomach. CAUTION: Always
follow package instructions.



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