Help
Prevent
The Flu
Simple Steps!
1. Get Vaccinated!

• Health & Wellness provides vaccines to *all students*!

• Yearly vaccines prevent the most prevalent strain *and* H1N1!

[Attach the yearly vaccination schedule here]
2. Take Preventative Measures

• Cover your nose and mouth when you cough or sneeze.
• Wash your hands a lot.
• Avoid touching your face!
• If you do get sick, *stay home*. Your professor or boss will understand.
3. Take Flu Antiviral Medicine
(If Your Doctor Prescribes It)

- Antiviral drugs are prescription medicines.
- They can make illness milder and shorten the time you are sick.
- They may also prevent serious flu complications.
- They’re mostly prescribed to people who are hospitalized or for high-risk populations, such as pregnant women, young children, people 65 and older and people with certain chronic health conditions.
If you do get sick...

- Call your doctor or the Nurse Advice Line
- Primary Care Service (773-702-4156) is covered by your student Life Fee.
- The Nurse Advice Line is a 24/7 Hotline for medical advice, free to you, but unaffiliated with UChicago: (773) 702-1915
- Most Importantly: Stay home!
Map of the Medical Center
Citing the Sources

• This bulletin board has been brought to you by Health Promotion and Wellness:
  – http://wellness.uchicago.edu

• All medical information is from the following CDC websites:
  – http://www.cdc.gov/flu/keyfacts.htm
  – http://www.cdc.gov/flu/protect/preventing.htm
  – http://www.cdc.gov/flu/whattodo.htm