

Most of the time, you just need patience to allow your immune system to deal with the virus.

Antibiotics will not help a viral cold or flu; however, occasionally the cold/flu becomes complicated by a bacterial infection that might require antibiotics. Therefore there are times that you need to see a doctor. Generally, seeing a doctor/medical care is indicated if:

- You have shaking chills or a high fever that last 2-5 days.
- Symptoms that don't get better or get worse after getting better.
- Severe headache especially if associated with fever or neck stiffness.
- Problems urinating, especially if only voiding a small amount of dark urine.
- Wheezing or other difficulty breathing beyond a typical cough/stuffiness.

What to do about missing work/class?

Check out the Health Centre website at www.uleth.ca/hr/health-centre The website has an excellent area that outlines details of notes etc. In general, seeing a physician is not always necessary.

You can call the University of Lethbridge Health Centre at 403.329.2484 to talk to a nurse. If you receive our answering machine, leave your name, student identification number, your phone number and description of your illness and if you require illness notes. We will call you back and may indicate to you that illness notes will be provided to you once you are feeling better and back in class.



Information on COLDS AND FLU



Do I Have a COLD or the FLU?

DO YOU KNOW WHAT TO DO?

Influenza (the flu) is a viral infection that causes high fever, headache, muscles aches and cough usually without the runny nose and nasal congestion that characterizes a cold. Because they are both caused by viruses, and both can last between 7-10 days, we do not tend to differentiate between the two very much.

University of
Lethbridge



Hope you feel well soon!

This message brought to you by
University of Lethbridge Health Centre, SU 020
Phone (403) 329-2484
www.uleth.ca/hr/health-centre



@ulethhealth



Symptoms of the **FLU** tend to be muscle aches, fever and chill, headache, dry cough and feeling weak/tired.

Symptoms of a **COLD** tend to be sore throat, sneezing and a runny nose (nasal congestion), fever and/or headache.

What to do if U get cold/flu symptoms?

Your immune system needs time to take care of the virus that is causing problems. In order to feel better, you can:

- Get enough sleep.
- Drink plenty of clear fluids - water, juice, 7-up or ginger ale, and/or herbal tea with honey might feel nice on a sore throat!
- Breathe the steam from hot beverages or taking a shower (it may relieve nasal congestion). If you are feeling feverish, a lukewarm shower will help bring down your temperature.
- For sore throat, gargling with salt water, lozenges, hot beverage and avoiding smoke and other irritants may help.
- Take an over the counter medicine.

Antihistamines, decongestants, pain relievers, cough suppressants or herbal medicine may help with relief of symptoms. It can be easy to accidentally double up on medications included in over the counter products. Make sure to read the labels carefully and talk to a pharmacist to make sure you are taking the right kinds and amounts.



Prevention of Flu includes:

- Wash your hands often - if you aren't washing your hands a minimum of 5 times per day, you are not washing your hands enough!
- Cover your cough, sneezes in a tissue or clothing.
- Ensure basic cleanliness in the kitchen and bathroom, especially if you share facilities with others.
- Keep smoke free. Smoking and being in smoky air makes your respiratory tract more prone to infection.
- Do the basics - enough sleep, exercise and healthy food. Consider vitamin support if needed.
- Get a yearly flu vaccine. This can help prevent you from missing 7-10 days of school or work due to illness!

Why is Hand Washing Emphasized so much?

Proper hand washing should be much more frequent than most of us realize and practice on a daily basis. Certainly, we should all be hand washing before and after eating, after toileting, after a sneeze, etc. Hand washing is a simple and VERY effective way of decreasing the risk of catching a virus. We should all be covering our coughs and sneezes around others. Careful hand washing, attention to cleanliness in the home and workplace ensures that the people around you have less contact with the virus too!



When Do U need to get help and how do U get help?

You can always call Health Link Alberta for medical advice 24/7. Even in the middle of the night!

HealthLink Alberta
1-866-408-5465

As a student of the University of Lethbridge, CALL the Health Centre at 403.329.2484 during office hours to discuss your health situation with a nurse. We can help decide with you whether or not you need to see a doctor.