



What is influenza (also called flu)?

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu vaccine each year.

Handwashing: Clean Hands Saves Lives



Say Boo to the Flu

Signs and symptoms of the flu

People who have the flu often feel some or all of these signs and symptoms:

- Fever* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (very tired)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

**It's important to note that not everyone with flu will have a fever.*



To make an appointment call the main campus medical center at **419-530-3451**

Take Action To Fight The Flu

Get a flu vaccine.

- CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses.
- Contact the main campus medical center at 530-3451 for information on receiving a vaccination.

Take everyday preventive actions to stop the spread of germs.

- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, stay away from others in your residence hall and out of class for at least 24 hours after your fever is gone except to get medical care or for other necessities.
- Wear a face mask when sharing common spaces with others if you are ill.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

- **Wash your hands often** with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.

Take flu antiviral medications if your physician prescribes them.

- If you get the flu, antiviral drugs can treat your illness.
- Studies show that flu antiviral drugs work best for treatment when they are started within 2 days of getting sick, but starting them later can still be helpful, especially if the sick person has a high-risk health or is very sick from the flu.



What	Who	How
To make a doctors appointment	MC Medical Center	419-530-3451
To obtain a flu kit (mask, gloves, etc)	Residence Life	419-530-2941
For assistance after regular business hours	Campus Security	419-530-2601
For additional information	UToledo flu page	www.utoledo.edu/fluprep
	CDC.gov	www.cdc.gov/flu

The University of Toledo

Main Campus Medical Center

419-530-3451

Student Clinic Hours : 12:00-6:00 PM M-Thurs, 1- 5PM Friday