



Got the flu?

Review your symptoms (by phone if possible) with a health care provider to determine if you need to be seen. (Knowing your temperature can help with diagnosis.)

Encourage hydration by drinking more water, juice, and other non-caffeinated drinks. Nourish your body with soups.

Stay home (out of class, work, public settings) unless you need medical care. This conserves your energy for healing, and reduces the risk of infecting others.

Treat your symptoms (fever, sore throat, muscle aches, congestion, cough) with acetaminophen (not aspirin), throat lozenges, and decongestant.

Update your health care provider if your fever doesn't reduce after three days or you develop other troubling symptoms (e.g., swollen glands, rash, etc.).

Protect others by coughing/sneezing into tissues or into your sleeve. Wash your hands frequently, or use an alcohol-based sanitizer to prevent transmission.

For more information about flu prevention, vaccination, and treatment: health.cornell.edu



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