In Sickness & In Health

Stay healthy and go to class!

No Symptoms

Mild Symptoms

Symptoms:
*Runny/stuffy nose
*Slight sore throat
*Slight cough

What you should do:
1. Get at least 7-8 hours of sleep
2. Eat healthy & stay hydrated
3. Wash your hands often
4. Bring cough drops, Kleenex, ChapStick, and water to class with you
5. Workout – walk on the treadmill for at least 20 minutes

Moderate Symptoms

Symptoms:
*Runny/stuffy nose
*Sore throat
*Persistent cough
*Achy body & headache
*Unusually tired

What you should do:
1. Follow tips #1-4 under Mild Symptoms
2. Take ibuprofen (as directed by the manufacturer)
3. Take a break from extracurricular activities (don’t be the cause of the next flu epidemic!)
4. Yes, you should still go to class

Severe Symptoms

Symptoms:
*Runny/stuffy nose
*Severe sore throat
*Persistent & painful cough
*Stiff & achy body
*Exhausted
*Loss of appetite
*Fever lasting more than 3-4 days or temperature is more than 101°F

What you should do:
1. Contact Student Health Services to make an appointment or to get health advice/information
2. If you are going to miss class, make sure you contact your instructor to make up any missed work!
3. Isolate yourself (you don’t want to get your friends sick, do you?)!
4. Follow tips #1-3 under Moderate Symptoms

Student Health Services
(715) 232-1314

PEER HEALTH EDUCATORS
Promoting a Healthier Environment