Eastern Connecticut State University
Student Health Service

Tips to Reduce Your Risk of Getting the Flu

- Get a flu shot!!
- Support a healthy immune system:
  - Get enough sleep (at least 7 hours a night)
  - Eat fruits, vegetables & whole grains daily
  - Get regular exercise
  - Avoid excess stress
- Flu spreads by respiratory droplets produced by coughing and sneezing so keep your distance (about 6 feet or more) from sick persons, especially those with flu symptoms. (*Fever ~100°F or higher and one or more of the following: cough, sore throat, body aches.)
- Wash your hands often with soap and warm to hot water for 15-20 seconds. Antibacterial soaps are NOT necessary. Alcohol-based hand sanitizers like Purell are also effective and can be used.
- Avoid touching your eyes, nose or mouth. Germs spread into and out of you this way.
- Don’t share eating utensils, beverage containers or personal items with anyone—sick or not.
- Get a thermometer if you don’t have one. You will need one in case you start feeling sick.
- Get some supplies in case all your efforts to avoid the flu don’t work:
  - Pain/fever reducers such as acetaminophen (Tylenol™ or store brands) or ibuprofen (Motrin™, Advil™ and other store brands). Do not exceed dosing instructions.
  - Cough medicine may help
  - Tissues
  - Extra fluids: water, sports drinks, herbal tea, soups or broth
- Manage your time well, minimize stress; students keep up with your academic work and get help if feeling overwhelmed. Remember, Eastern’s Counseling Services are free to students.
- Regularly disinfect surfaces (kitchen, bathroom, doorknobs) especially when a family member or roommate is sick. Make sure to have a Lysol-type product or disinfectant wipes on hand.
- If you suffer from asthma, heart or lung disease, diabetes, immune system problems or other chronic medical conditions AND a family member, roommate or another person in close contact with you comes down with the flu, please call Student Health Services. (860-465-5263)
- If you plan to help take care of a flu-infected individual, take some common sense precautions such as washing your hands after each time you have been near the person or after handling his or her personal items such as beverage containers, dishes or eating utensils. Consider having the sick individual use a face mask when around others—including you.