



S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES

Brought to you by IUP Health Service, a part of the Center for Health & Well-Being Jan 27, 2025



Health Service
901 Maple Street, Suite G65
Indiana, PA 15705
Phone: 724-357-2550
Health-inquiry@iup.edu

It's Flu Season!

Office Hours
Monday through Thursday
8:00 a.m.— 4:30 p.m.
Friday
10:00 a.m.— 4:30 p.m.

Influenza (flu) is a respiratory virus

Influenza, or the flu, is a contagious illness caused by Influenza A and Influenza B viruses.

It affects the nose, throat, and lungs caused by these viruses. Most people recover from the flu but some may have a harder time recovering. Young children, older adults, pregnant people, and people with chronic health conditions (like asthma, diabetes, or heart disease) are most at risk of severe illness.



Flu spreads through tiny droplets before you even know you are sick

The flu spreads through tiny droplets when people with the flu cough, sneeze, or talk. You can also get it by touching surfaces with the flu virus on them and then touching your face. Cover your mouth when you cough or sneeze and avoid touching your face unless you wash your hands first.

Symptoms of flu

- Fever with or without chills
- Headache
- Tiredness
- Cough
- Runny or stuffy nose
- Sore throat
- Body aches
- Sometimes vomiting and/or diarrhea (more common in children)

Incubation and infectious period

The *incubation* period is the time from when you are exposed to the flu virus to when you start showing symptoms.

The *infectious* period is the time when you can spread the flu virus to others.

People with flu are most contagious in the first three to four days after symptoms begin. They remain contagious until the fever is gone (without fever-reducing medicine) and they begin to feel better.



Flu Prevention

- Get vaccinated
- Take steps for cleaner air
- Wash your hands often!
- Avoid close contact with others
- Stay home when sick: If you have flu symptoms, stay home to prevent spreading it to others. Stay home until symptoms are improving and fever has been gone for at least 24 hours without fever-reducing medicine.

Treatment

- Rest: Get plenty of sleep.
 - Fluids: Drink lots of water with or without added electrolytes, juice, or clear broth.
- Treat your symptoms with over the counter medications like acetaminophen (Tylenol) and ibuprofen.

Antivirals

Sometimes, doctors prescribe antiviral drugs to treat the flu. Antibiotics don't work because flu is caused by a virus, not bacteria. Antivirals may help you get better a little faster and may keep you from getting really sick.

Health Service can assist you this season with Flu vaccines, Flu testing, over the counter medication and prescription medication to help you manage the flu.

Call [724-357-2550](tel:724-357-2550) or email health-inquiry@iup.edu with questions or to make an appointment.