

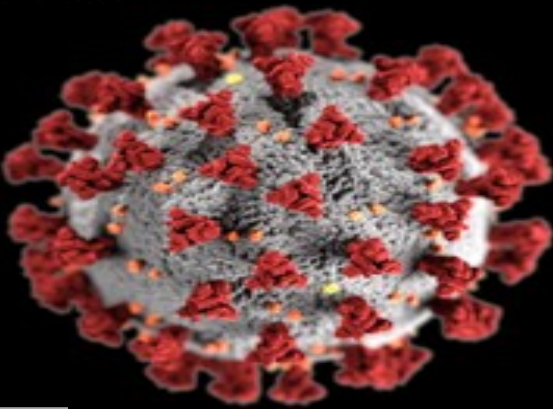
# S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES

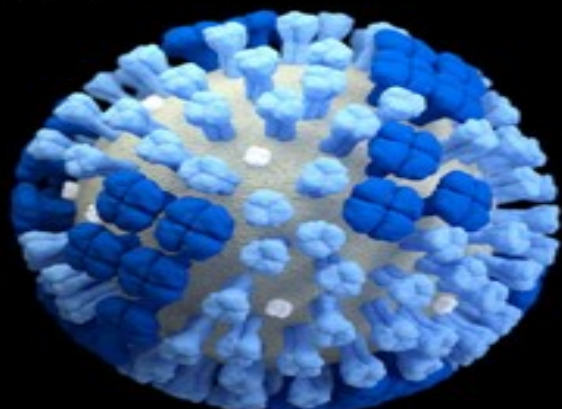
Brought to you by IUP Health Service, a part of the Center for Health & Well-Being

November 2, 2020

COVID-19



INFLUENZA



COVID-19

FLU

## Prevention

Physical distancing, wearing mask, frequent hand washing, avoiding crowds

Physical distancing, wearing a mask, frequent hand washing AND the FLU SHOT

## Symptoms

Cough, fever, chills, sore throat, headache, body aches, congestion, loss of taste or smell, nausea/vomiting, fatigue

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## What to Expect

Sometimes no symptoms. Recovery takes about 2 weeks for mild signs/symptoms, up to 6 weeks for severe signs/symptoms

Fever and aches should end in 5 days, coughing and fatigue can last about 2 weeks

## Treatment

Rest, fever reducer, fluids, cough medication for mild signs/symptoms. Hospitalization for severe signs/symptoms

Rest, fever reducer, fluids. Antiviral to help reduce the time you feel ill

## Complications

Can result in pneumonia and lasting damage to heart, lungs and kidneys, can be fatal

Can turn into pneumonia and, in severe cases, can be fatal

## Cause

The disease is caused by a coronavirus called SARS-CoV-2

Caused by several different viruses that change each year

Please call IUP Health Service for any questions or concerns about COVID-19 or the FLU  
724-357-2550