



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

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It's cold season, and we don't mean the weather!

Respiratory illness season is upon us, here's what to do!

How the IUP Health Center Can Help:

- We can provide rapid testing that can diagnose the Flu, COVID-19, Strep, and Mono.
- We also provide **FREE** over-the-counter medications that treat your cold symptoms such as:
 - Acetaminophen
 - Ibuprofen
 - Decongestants
 - Cough syrup
 - Cough drops
 - And more!

What you should do at home:

- Plan on getting plenty of rest.
- Eat a well-balanced diet.
- Drink **LOTS** of fluids such as water, electrolytes, juice, or clear broth.
- Treat your symptoms with medication.
- Get cleaner air! Go outside or open your windows when you get home. This minimizes the amount of germs that could be in the air.

Signs you could be getting sick include:

- Body aches
- Fever
- Chills
- Fatigue
- Sore Throat
- Headache
- Cough
- Nose Congestion



What should I do if I get COVID-19?



Don't delay, come get treatment:

- **Antiviral medications** help stop the virus from worsening, but they must be started within **5 days** of your symptoms starting

Stay home:

- **You no longer have to quarantine**, but it is a good idea to stay away from those who aren't sick.
- You can go back to your regular activities when, for at least 24 hours, both are true:
 - Your symptoms are better overall AND
 - You have not had a fever (and are not using fever reducing medications).

How do I prevent myself from getting sick?

Wash your hands

Wash your hands with soap and warm water for 30 seconds **OR** sing your ABCs twice.

Get Cleaner Air

As mentioned before, going outside or opening your windows can help reduce your exposure to germs in the air.

Get Vaccinated

Call 724-357-2550 or email health-inquiry@iup.edu for information about how to get vaccinated!



IUP Health Service
Monday-Thursday
8am-4:30pm
Friday 10am-4:30pm

Call 724-357-2550
OR
Email
health-inquiry@iup.edu
to schedule an
appointment, talk to a nurse or
ask any questions!!