

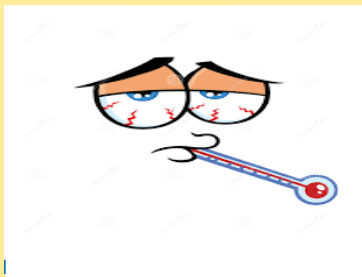


S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES

Brought to you by IUP Health Service, a part of the Center for Health & Well-Being October 3, 2022

I'm sick, what should I do?



IUP Health Service
901 Maple Street G65
M-TH 8am-4:30pm,
F -10am-4:30pm
724-357-2550
Health-inquiry@iup.edu

If you start to feel sick, with body aches, fever, chills, sore throat, headache, cough, congestion, nausea, vomiting or diarrhea, PLEASE avoid being around others to prevent the spread of infection.

You can call Health Service 724-357-2550 for advice about what to do and how to treat your symptoms.

Rapid testing is available at Health Service to diagnose the Flu, COVID-19, Strep throat and Mono.

Most viral illnesses can be treated with over the counter medication to relieve symptoms.

You should rest and drink plenty of fluids like water, juice, Gatorade or tea.

If your symptoms persist, begin to get worse, or you feel short of breath, dizzy or lightheaded, you need be evaluated by a medical provider or *if severe, go to the ER*

FREE OTC MEDICATION AT HEALTH SERVICE

- Acetaminophen
- Ibuprofen
- Decongestant
- Cough Drops
- Cough Syrup
- Benadryl
- Pepto Bismol



FREE FLU AND COVID-19

Vaccines available to help keep you from getting sick!!

These viruses have similar symptoms but may have a few differences.

FLU

- Sudden onset
- Fevers and body aches
- Nausea/vomiting
- Nasal congestion

COVID-19

- Gradual onset
- Dry Cough
- Shortness of breath
- Mild cold symptoms
- Fever at times
- Loss of taste/smell
- Sore throat

COLD

- Typically, no fever
- Stuffy nose
- Moist cough
- Sore throat

Ways you can PREVENT getting sick!!

Get a vaccine for COVID-19 and the Flu!

WASH your hands often!!! Especially before eating and after using the bathroom.

Get enough sleep, eat well, drink plenty of water and exercise.

Avoid others that are feeling sick.

Do not share food, drinks, or items like vape pens with others