The start of spring semester can overlap with the onset of flu season. Our top priority is your health and safety.

Some measures to prevent flu are:
- Receive a seasonal flu vaccine (Vaccine is still available in the Health & Wellness Center)
- Cover your nose and mouth with a tissue when you cough or sneeze. If tissues are not available, cough or sneeze into your arm
- Wash your hands often with soap and water. Use alcohol-based hand cleaners when soap and water are not available
- Avoid touching your eyes, nose or mouth
- Do not share utensils, drinks, cigarettes or personal care items
- Try to avoid close contact with folks who are ill

Flu symptoms generally include:
- cough and/or sore throat
- fever greater than 100 degrees F
- fatigue and aches

Flu or influenza is caused by a virus. Symptoms may last 7 – 10 days. The fever usually ends in 3 – 4 days. Often the cough is the last symptom to go away. Rest and treating your symptoms is the best way to get better.

Students who experience flu-like symptoms can visit or phone the Student Health & Wellness Center at 610-328-8058 for evaluation and treatment.

Students who are considered to have the flu are encouraged to:
- Get plenty of rest
- Drink fluids
- Take ibuprofen (Motrin or Advil) or acetaminophen (Tylenol) for fever, chills and body aches
- Wash your hands often
- Avoid close contact
- Cover your cough or sneeze
- Avoid touching your eyes, nose or mouth

Self-exclusion from group activities and class is advised until your fever is resolved for 24 hours without the use of fever reducing medications

Additional Resource – Centers for Disease Control http://www.cdc.gov/flu