

# Toilet Talk

February 2013

Issue 127

## Flu Season

With the early arrival of flu season across the country and in Indiana, Manchester University is urging students, faculty and staff to take preventive measures to protect their health.

Cases of influenza are expected to increase throughout the flu season. Because flu can spread by contact with people who are ill, MU Wellness Services recommends that students take these precautions:

- Get a flu shot. A limited number of flu shots are available at Wellness Services for \$17. Wabash County Health Department and the local CVS Pharmacy also provide flu vaccines. Students, staff, and faculty may call Wellness Services to schedule a flu shot.
- Wash hands with soap and water for **at least 20 seconds** or use hand sanitizer frequently, especially after touching common surfaces such as door handles.
- Cover your mouth when coughing or sneezing with either a disposable tissue or a sleeve, and avoid touching your face.
- Avoid contact with people who are sick.
- Get plenty of rest to keep the immune system working at its best.

Monitor your health. Flu symptoms include: ***fever with cough or sore throat, and sometimes runny nose, body aches, headache, vomiting or diarrhea.***

***Contact Wellness Services at 260-982-5306 to schedule an appointment with the nurse. We strongly encourage*** students to make appointments to avoid sick students interacting with well students who may be in the office.

### Important Phone Numbers

RediMed (Huntington): **260-359-1250**

Parkview Huntington Hospital: **260-35-3000**

MedStat (Warsaw): **574-372-7637**

Wabash County Hospital: **260-563-3131**

KCH Hospital (Warsaw): **574-267-3200**

MU Wellness Services: **260-982-5306**

Student Health Assistants: **260-901-3123**

### Cold vs. Flu Symptoms

Although the flu is the primary source of illness this season, many times it can be confused with symptoms of the common cold.

**Cold: cough runny nose, stuffy nose, chest congestion, ear aches**

**Flu: fever with cough or sore throat, runny nose, body aches, headache, vomiting, diarrhea**

If you have any of the above **Flu** symptoms, be sure to seek medical attention as soon as possible.

Brought to you by Wellness Services – February 2013

Questions? Comments? Please e-mail

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