 Feeling ill at school is tough, but there are strategies to help prevent sickness, manage symptoms, and get better soon. If sick, take it easy. Email professors and supervisors so they know you cannot be at class or work.

**LIMIT ILLNESS BY TAKING CARE OF YOURSELF**

- Get enough sleep and eat nutritious meals.
- Wash hands often, and avoid close contact with sick people.
- Avoid sharing cups or utensils.
- Get a flu shot every year.
- It’s okay to ask a friend for help. With your student ID and a signed note from you, they can pick up-to-go meals or flu bundles (juice, broth, jello, crackers) from O’Hill, Newcomb, or Runk.

**CARE AT STUDENT HEALTH**

Student Health offers counseling, disability accommodations, general medicine, gynecology, and more.

Know what to expect for smooth care:

- For urgent concerns, speak with a triage nurse over the phone.
- Appointments made via phone or online help you get seen in a timely manner. Referrals are made for specialty care when needed.

What to bring:

1. Student ID card
2. Health insurance card (for labs, treatment, medication)
3. List of allergies and current medications

Please Note: Student Health does not provide doctor notes for short-term illnesses.

**DISTINGUISH BETWEEN COMMON COLD & FLU**

**COMMON COLD**

Symptoms:
Cough, sore throat, and nasal congestion, possibly lasting up to two weeks.

Self-Care:
Rest!
Drink fluids.
Relieve discomfort with over-the-counter medications if needed.

Go to Student Health?
Not typically, but make an appointment if you have any of these:
- Severe or progressive symptoms.
- A condition that places you at high risk for complications.
- Symptoms that reoccur or worsen after having improved.

For a cold or the flu, you will not be prescribed antibiotics because they do not work for viruses (the cause of cold and flu), and they can actually make things worse.

**FLU**

Symptoms:
Similar to a cold, but with fever (>100.4°F) and body aches. Symptoms are usually sudden and more severe.

Self-Care:
Stay home, rest, and drink plenty of fluids.
Avoid activities and people until fever-free (without medication!) for 24 hours. Reduce fever and manage aches with acetaminophen or ibuprofen.

Need over-the-counter medication? Pharmacies are located at Student Health, the Bookstore, the Corner, and the hospital (24/7). In addition to filling your prescription, a pharmacist can help you choose medications that match your symptoms.

**BE PREPARED**

Stock up on these ahead of time:
- Sports drinks, juice, or ginger ale
- Saltine crackers
- Acetaminophen (Tylenol) or ibuprofen (Advil)

**HOO KNEW?**

94.0% of UVA students believe learning how to take care of themselves helps them thrive.*

*From the February 2015 Health Survey with responses from 931 UVA students
**From the February 2017 Health Survey with responses from 1,010 UVA students

**STOCK UP**

3 out of 4 UVA students who drink avoid alcohol when sick or tired.**

**FIND US!**

Elson Student Health Center
400 Brandon Avenue (at JPA and Brandon)
8AM-5PM M-F: (434) 924-5362

For urgent concerns after hours: (434) 297-4261
For emergencies, call 911 or go to the hospital Emergency Room.

**94.0% of UVA students believe learning how to take care of themselves helps them thrive.**

**3 out of 4 UVA students who drink avoid alcohol when sick or tired.**

To learn more, email StallSeatJournal@virginia.edu!