

# Don't Let the FLU Get the Best of You!

## DO YOU HAVE A PLAN?

This four step plan will ensure the safety of others and get you feeling better, faster:

**Step One:** Contact the C.W. Post Student Health and Counseling Center

**Step Two:** Have a plan to go home if you develop flu-like symptoms

**Step Three:** Feel better by resting in a familiar and calm environment

**Step Four:** Remain at home until 24 hours after your symptoms are gone

## SYMPTOMS.

Below are the symptoms you should be watching for:

- Diarrhea
- Headache
- Chills
- Cough
- Fever
- Fatigue
- Body Ache
- Vomiting
- Sore Throat

## IMMUNIZE.

Vaccinations for both seasonal influenza and H1N1 will be offered on campus when they become available. Keep an eye out.

## THE BEST WAY TO PREVENT THE FLU IS TO GET VACCINATED!

For more information, contact Student Health and Counseling at (516) 299-2345 or e-mail [studenthealth@cwpost.liu.edu](mailto:studenthealth@cwpost.liu.edu)



Protect Against Influenza

C.W. POST CAMPUS

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