

Is it a cold or flu?

Seasonal flu is responsible for approximately 36,000 deaths per year

H1N1 virus is constantly changing and is being watched by experts with recommendations updated as needed, see CDC.gov/h1n1 or pandemicflu.gov

KNOW it!

Common signs & symptoms	Flu (Seasonal or H1N1)	Cold
Onset	Sudden	Gradual
Fever	Common, lasting 3-4 days	Rare
Cough	Dry, can become severe	Hacking: mild
Headache	Prominent	Rare
Muscle/joint aches, pain	Usual; often severe	Slight
Fatigue and weakness	May last up to 2 weeks	very mild
Extreme exhaustion	Early and prominent	Never
Chest discomfort	Common	Mild/moderate
Stuffy nose	Sometimes	Common
Sneezing	Sometimes	Common
Sore throat	Sometimes	Common

PREVENT it!

Vaccinate: Get vaccinated for seasonal influenza now. Available at BSU's student health center for NTC learners who have signed up for health services, a health care provider or from publicized locations in the area. Watch for further information about locations to obtain the H1N1 vaccine.

Stop Germs from Spreading: Be vigilant about preventative steps and take them.
Cover your cough, wash your hands, eat healthy and get adequate rest.

TREAT it!

Stay home if you have the flu symptoms listed above. Remain at home until you are fever free for 24 hours without assistance from Tylenol or Ibuprofen. Includes shopping, socializing, etc.

Drink plenty of fluids like water and juice.

Seek health care at the student health center or the ER at the North Country Regional Hospital if you are having symptoms of

- Difficulty breathing or shortness of breath
- Bluish or gray skin color
- Not able to drink enough fluids
- Severe or persistent vomiting
- Not waking up or lethargy
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Flu-like symptoms improve, but then return with fever and worse cough

If you have signed up for health services at BSU, please call before coming in or if you have questions: 755-2053
Antiviral drugs may be prescribed for people meeting certain qualifications.
Get more flu information at www.bemidjistate.edu/students/services/health_counseling/