

About Colds and Flu

Colds and the flu are both respiratory illnesses caused by different viruses. The flu develops when a flu virus infects your respiratory system (nose, throat, bronchial tubes, and sometimes the lungs). Cold viruses usually infect only the upper respiratory tract (nose and throat) but can also cause more severe symptoms. Cold and flu viruses are transmitted the same way – through microscopic and larger droplets released when an infected person sneezes or coughs. You can become infected with the virus if you inhale these droplets or if you touch a surface contaminated with the virus and then touch your eyes, nose, or mouth.

Cold and Flu Prevention

Tips for Avoiding Colds & Flu:

- Get an ANNUAL flu vaccination. Paraphrasing information from Clovis Biology Instructor, Jared Rutledge: those who get a flu shot every year reduce their risk of infection by 88% versus a 24% reduction for those who only get the flu shot on occasion.
- Get a COVID booster vaccination
- Wear a mask when you are in crowded indoor environments
- Wash your hands often
- Carry hand sanitizer or hand wipes for times when a sink and soap are not available
- Train yourself NOT to touch your eyes, nose, or mouth unless you have just washed your hands. Break bad habits such as rubbing or touching your eyes, licking a finger to turn a page, picking your nose, biting nails, chewing pencils, etc.
- Avoid sharing food, drink, utensils, and other things that go into the mouth (don't drink from the carton, don't "double-dip").
- Boost your immune system by:
 - getting quality sleep
 - exercising regularly
 - eating a well-balanced diet
 - reducing or managing stress
 - Avoid close contact with sick people
 - Politely encourage or remind others to cover their cough


KNOW WHAT'S REALLY SCARY?



GETTING THE FLU DURING FINALS WEEK!

It takes approximately two weeks to develop immunity after getting an immunization. Think ahead. Get your flu shot now. Boost your immunity BEFORE the flu season strikes!

How to Prevent Spreading Your Cold or Flu to Others

- Stay home when you are sick
 - Cover Your Cough or Sneeze. Get into the habit of bending your arm and covering your mouth and nose with your sleeve when you cough or sneeze.
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- Wash your hands after using a tissue or using your hands to cover a sneeze or cough.
 - Turn your head away from others when you cough or sneeze.
 - Wash your hands before touching shared surfaces such as telephones, keyboards, door handles, etc.

FREE flu shots are available for students!
Visit the Student Health & Wellness Center
 (while supplies last)



happy
 THANKSGIVING

Thankful for Health