

It's Flu Season!!

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The Centers for Disease Control (CDC) reports that this is a very active flu season. The majority of the country (including Louisiana) are now seeing a high incidence of influenza cases. This is translating into higher numbers of flu cases requiring hospitalization, and even flu-related deaths. However, there are pro-active things you can do:

If you don't have the flu, try not to get it...

- It's not too late to get a flu shot. Although no longer available at the Student Health Services clinic, flu shots are still readily available in Lafayette at clinics, drug stores, and other medical providers. The flu shot is a safe effective way to assist your immune system's ability to fight the flu virus. Each year, infectious disease experts formulate the flu vaccine in a way that can help prevent the most popular strains of flu virus identified for that season.
- However, even the flu shot can't prevent you from getting ALL kinds of viruses.
- Practice good health hygiene. Wash your hands often. The waterless anti-bacterial hand sanitizers are a good substitute when water is not readily available.
- Keep at least 3 feet from others
- Cough into your elbow. Use a tissue to wipe your nose and discard it immediately.
- Regularly clean "touch surfaces" in your home and work with an anti-bacterial cleanser.
- Eat Well – a balanced diet that includes fruits, vegetables, whole grains, and plenty of water can help your immune system greatly.
- Get plenty of rest.

If you or a loved one has the flu, or flu-like symptoms, try not to spread it...

- If you are sick with the flu, stay home to prevent spreading your illness. Do not return to work until your fever has subsided for at least 24 hours.
- Follow the recommendations given by your doctor.
- Drink plenty of fluids.
- Remember that with the flu, there is no "cure" – the virus has to work its way through your system and this takes time.

For more information, visit:

- www.cdc.gov
- www.flu.gov
- Safety.louisiana.edu