Cold, Flu, and Norovirus Season is here...GET THE FACTS!
The common cold is a viral illness of your upper respiratory tract — your nose and throat. Any viral illness are normally harmless but don’t always feel that way!

Viral illness can last anywhere from 1–2 weeks. Over the counter medications such as Tylenol and Ibuprofen can help symptoms but ANTIBIOTICS will not help resolve it!
Signs & Symptoms and when to seek help!

Signs & Symptoms:
- Sore throat
- Nasal congestion or runny nose
- Post-nasal drip
- Cough
- Fever
- Headache

When to seek medical care:
- Fever higher than 101 F
- Symptoms last longer than 1-2 weeks
- At home remedies are not compliant
- Additional past medical history (Asthma, autoimmune diseases, diabetes, etc.)
- If after 48 hours you have tried medication at home and are not seeing any relief
Self-Care at home is your first defense!

- Rest and stay hydrated.
- Drink plenty of fluids; water, juices, non-caffeinated tea.
- Increase humidification by taking a warm shower or using a humidifier or vaporizer.
- Gargle with warm salt water, 1/2 tsp of salt in 4 ounces of warm water, several times a day.
- Hard candies, throat lozenges, ice chips, jello, and popsicles may be soothing for a sore throat.
- Come get a self-care baggie at Student Health Services that has everything you need to combat cold/flu symptoms.
Over the counter medications you should consider taking:

- CAUTION: Always follow package instructions.
- Ibuprofen or acetaminophen (Motrin or Tylenol); fever, discomfort, inflammation
- Pseudoephedrine or Phenylephrine (Sudafed or Neo-syphrine); congestion
- Guiafenesin (Mucinex or Robitussin); cough, congestion
- Dextromethorphan (robitussin DM or Delsym); cough
- Oxymetazoline (Afrin) or Fluticasone (Flonase): ear fullness or pressure
What do I do...the stomach flu!

The symptoms of nausea, vomiting and diarrhea, which is often called “the stomach flu” or gastroenteritis, are often caused by a virus in the intestines.

The “stomach flu” is usually caused by coming in contact with a sick person or ingesting contaminated food or water. Symptoms can vary and tend to appear 1-3 days after you are infected. Most symptoms resolve within 48-72 hours. There is no “cure”, so managing symptoms while your body heals is best.
Signs & Symptoms:
- Loose and watery stool
- Nausea, vomiting or both
- Abdominal cramping
- Generalized body aches
- Headache

When to seek medical care:
- Unable to keep clear liquids down for >24 hours.
- Vomiting for more than 2 days.
- Vomiting blood or have bloody diarrhea.
- Fever > 101F.
- Signs of dehydration: excessive thirst, dizziness, severe weakness, dark yellow or little to no urine.
Self- Care at home if your first defense!

- Don’t try to eat or drink anything while you are vomiting frequently.
- When your stomach begins to settle, try SIPS of clear liquids only, limit to 8 ounces per hour initially. If you are doing well with sips, try to start drinking larger amounts slowly.
- Examples of clear liquids are: ice, water, soft drinks, tea, Kool-Aid, ice popsicles, sports drinks, Jell-O.
- When you are tolerating fluids well and have not had any vomiting for at least 8 hrs. You can try the BRAT diet: Bananas, Rice, Applesauce and Toast. You can also try plain bagels, saltine crackers and baked potatoes. No cream soups, meats, vegetables or salads.
- When you are doing well on the BRAT diet for at least 24 hrs., gradually begin eating a regular diet. Avoid any dairy products, spicy and fried foods as well as caffeine, alcohol, and nicotine for another day or so.
- Come get a self-care baggie at SHS that has things to help combat symptoms of the “stomach flu”.

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Over the counter medications:

- Try over-the-counter medications: Bonine or Dramamine Less Drowsy (meclizine 25 mg.) every 6-8 hours as needed for nausea.
- Pepto Bismol or Immodium AD may be effective for diarrhea.
- Tylenol is a good choice for fever or aches because it is gentle on the stomach. CAUTION: Always follow package instructions.