

Not Feeling Well?

Looking for *information about the flu?*

Not Feeling Well? – Try This!

Cough, Cold, Chest

Tylenol (Acetaminophen) or Advil/ Motrin (Ibuprofen) or Aleve (Naproxen)

Take as directed on package. Take with food to prevent stomach irritation. Relieves pain, fever & inflammation.

Warning: Aspirin is not recommended.

Claritin (Loratadine) or Zyrtec (Cetirizine) or Allegra (Fexofenadine)

Take 1 tablet daily (every 24 hours).

Benadryl (Diphenhydramine)

Take as directed on package.

Warning: Benadryl (Diphenhydramine) may cause drowsiness. Best to take at night. Relieves runny nose, sneezing & congestion.

Robitussin Cough Relief or Delsym Cough or Tussin Cough (Dextromethorphan HBr)

Take as directed on package. Relieves dry cough.

Warning: May cause drowsiness. Best to take at night.

Mucinex (Guaifenesin, Not multi-symptom) or Mucus Relief (Guaifenesin)

Take as directed on package with 8 ounces of water. Thins mucus so it can be coughed up easily. Increasing fluids also helps to thin mucus. Stay well hydrated.

DayQuil Cold & Flu or NyQuil Cold & Flu or Theraflu

Multi-symptom medications (Multiple medications). Take as directed on package. Commonly used to treat symptoms for cold & flu.

Warning: These medications have multiple ingredients found in other over the counter medications. Read active ingredients carefully. Combining other medicines along with multi-symptom medications may be harmful.

Sudafed or SudoGest (Pseudoephedrine)

You must ask pharmacist & show ID to purchase. Relieves sinus congestion & ear pain. Comes in different strengths, take as directed on package. Read directions carefully.

Warning: May cause increased blood pressure, trouble sleeping, shakiness, and rapid heartbeat.

Flonase (Fluticasone) or Nasacort (Triamcinolone)

This is a Steroid Nasal Spray. Use as directed on package. Relieves congestion & pain in sinuses & ears. Use once a day in each nostril.

Neo Synephrine (Phenylephrine) or Afrin (Oxymetazoline)

This is a Decongestant Nasal Spray. Use as directed on package. Relieves stuffy nose or nasal congestion temporarily.

Warning: Do not use more than every 8 hours or for more than 3 days. Longer use can cause your symptoms to become worse.

Humidified Air (Hot shower, Cool Mist Humidifier)

Relieves congestion & thins mucus. Clean your cool mist humidifier once a week.

*If you have asthma, use your inhaler/nebulizer as directed. Relieves coughing, wheezing & shortness of breath. It is helpful to use your inhaler during cold/cough/flu.

Are you still not feeling well? Call the Student Health Center at [706-507-8620](tel:706-507-8620).

Sore Throat, Coughing

Warm Water Salt Gargles

Gives temporary relief for sore throat. Mix 1/4-1/2 teaspoon of salt with 8 ounces of warm water. Gargle 3-4 times a day.

Lozenges, Hard Candy

Helps soothe sore throat.

Hot Tea

May help relieve your sore throat and cough. Adding honey and/or lemon may be soothing.

Tylenol (Acetaminophen) or Advil/ Motrin (Ibuprofen) or Aleve (Naproxen)

Take as directed on package. Take with food to prevent stomach irritation. Relieves pain, fever & inflammation.

Warning: Aspirin is not recommended.

Humidified Air (Hot shower, Cool Mist Humidifier)

Relieves congestion & thins mucus. Clean your cool mist humidifier once a week.

Are you still not feeling well? Call the Student Health Center at [706-507-8620](tel:706-507-8620).

Allergies, Runny Nose, Watery Eyes, Hives

Claritin (Loratadine) or Zyrtec (Cetirizine) or Allegra (Fexofenadine)

Take 1 tablet daily (every 24 hours).

Benadryl (Diphenhydramine)

Take as directed on package.

Warning: Benadryl (Diphenhydramine) may cause drowsiness. Best to take at night. Relieves runny nose, sneezing & congestion.

Flonase (Fluticasone) or Nasacort (Triamcinolone)

This is a Steroid Nasal Spray. Use as directed on package. Relieves congestion & pain in sinuses & ears. Use once a day in each nostril.

Are you still not feeling well? Call the Student Health Center at [706-507-8620](tel:706-507-8620).

Headache

Tylenol (Acetaminophen) or Advil/ Motrin (Ibuprofen) or Aleve (Naproxen)

Take as directed on package. Take with food to prevent stomach irritation. Relieves pain, fever & inflammation.

Warning: Aspirin is not recommended.

Rest in a cool, dark and quiet room

Decreases stimulation.

Eliminate the use of electronic devices

Reduces eye strain and sensitivity to light. Screen time can also aggravate symptoms.

Apply a cool compress to eyes, face or head

Reduces pain.

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Muscle Aches, Injury

Advil/Motrin (Ibuprofen) or Aleve (Naproxen)

Take as directed on package with food to prevent stomach irritation. Reduces inflammation. Relieves pain & swelling

Warning: Aspirin is not recommended.

Tylenol (Acetaminophen)

Take as directed on package. Relieves pain. Does not reduce inflammation or swelling.

R.I.C.E.

Rest, ice, compression wrap, elevate

Rest

If it Hurts, *do not do it*. Pain free stretches and movements are good.

Ice

Apply ice/cold pack for 15-20 minutes at a time, 3 times a day during the initial 24 hours of the injury. Reduces swelling and pain. You can use a bag of frozen veggies, such as corn or peas. Put a thin cloth or T-shirt between your skin and the cold/ice pack because it can freeze the skin.

Ace/Compression Wrap

Reduces the swelling and pain. Do not apply the wrap too tightly. Take the wrap off when using heat or ice.

Elevate

Position the injured area above the level of your heart as often as you can. Reduces the swelling and pain

Heat

May be used after 24 hours. 15-20 minutes at a time, 3 times a day. It is best to use moist heat (warm, damp cloth) or soak in warm water. Reduces pain.

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Nausea, Vomiting, Upset Stomach

Dramamine, Non-Drowsy Dramamine, Emetrol, or TUMS

Carefully follow directions on package. Relieves nausea, vomiting, heartburn, indigestion & upset stomach. Can be in tablet or liquid form. Comes in different flavors. Do not eat or drink anything until you have gone 4 hours without vomiting. You may then begin taking ice chips and text-sm sips of clear liquids (ginger ale/Sprite/water). Progress to crackers and toast after you can tolerate liquids. Slowly, introduce bland foods. It is important to try to replace the fluids you have lost through vomiting.

Note: No alcoholic beverages, citrus juices, caffeine or sauces..

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Diarrhea

Imodium AD or Diamode

Relieves diarrhea. Be sure to follow the directions carefully. Can be liquid or tablet form. Increase fluids. It is important to try to replace the fluids you have lost.

Follow a B.R.A.T diet: bananas, rice, applesauce, toast/crackers. Avoid dairy products, salads, raw fruits and vegetables, bran and whole grains.

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Nutrition for Nausea, Vomiting, and Diarrhea

Nutrition for nausea, vomiting or diarrhea consists of foods that are bland and gentle on the stomach. If you have nausea or vomiting, it may be hard to hold down food. Some foods may even make your symptoms worse. If you are experiencing diarrhea, the diet suggested below may help solidify your stools. Acute nausea, vomiting, and diarrhea can typically be treated at home.

Foods to Focus On

- Soft fruits: bananas, applesauce, avocado, pumpkin, melons and canned fruit (packed in water not heavy syrup)
- Steamed or boiled vegetables: carrots, green beans, potatoes, and squash
- Low-fiber starches: white bread, white rice, saltine crackers, cream of wheat, instant oatmeal, and noodles
- scrambled eggs, yogurt, unseasoned skinless baked chicken or turkey and kefir
- Drinks: bone broth, apple juice, coconut water, Pedialyte, weak tea
- **Homemade oral rehydration solution to prevent dehydration: 1 Liter of clean or boiled water, mix in 1/2 teaspoon of salt and 6 teaspoons of sugar and stir until both salt and sugar are completely dissolved. Cool down the water to room temperature or cooler before drinking.**

Foods to Avoid

- Avoid milk and dairy products for three days. Yogurt and kefir are okay.
- Avoid fried, fatty, greasy and spicy foods.
- Avoid pork, veal, salmon, and sardines.
- Avoid raw fruits and vegetables (bananas are fine).
- Avoid extremely hot or extremely cold beverages.
- Avoid alcohol.
- Avoid coffee and caffeinated sodas.
- Avoid added sugars and sweets like candy, soda and most juice.

Additional Health Guidelines

- Choose liquids that contain some sugar and salt to prevent dehydration, such as Pedialyte or apple juice.
- Rest and avoid exertion to give your body a chance to recover.
- Consult your health care provider about taking medication.
- Nausea, vomiting, and diarrhea may have different causes. Seek medical attention, if symptoms are not improving after 24 hours.
- Diarrhea may be "acute", beginning suddenly and resolving over a few days with dietary changes, or of a "chronic" ongoing process. Causes of diarrhea lasting more than three days should be discussed with a healthcare provider.

Sample Diet

First Six Hours

In the immediate 4-6 hours after vomiting has stopped, it is best to give your stomach a rest. During the next 1 to 2 hours try ice chips and sips of water. You may also suck on hard candy or popsicles (no chewing).

Day One

Gradually add clear liquids if the vomiting has ceased. Beginning with a sip or two every ten minutes is a good way to start. Suggestions include water, Ginger ale, apple juice, electrolyte beverage, weak tea, Jell-O (in liquid or gelatin form), broth or bouillon (no creamy soups). If symptoms of nausea or vomiting return, begin the process again, taking nothing by mouth for several hours.

Day Two

Begin to add bland foods, like bananas, rice, baked/mashed potatoes, applesauce, crackers, toast, yogurt, cooked carrots, and chicken or turkey, cooked cereals (grits, oatmeal, Cream of Wheat, Farina). Eat text-sm meals every few hours.

Day Three

Progress to a "regular" diet if symptoms have improved. Continue to eat text-sm meals every few hours. If symptoms do not improve call the Student Health Center.

The Flu

Bag the Flu...Get Your Flu Shot!

The flu is a contagious, respiratory illness that is caused by one of many influenza viruses. It primarily attacks the respiratory tract in humans (nose, throat, lungs). The flu usually comes on suddenly and may include these symptoms: fever, cough, sore throat, fatigue, nasal congestion, and body aches. The best way to prevent the flu is to get a flu shot each fall, before the flu season.

Flu Facts

- Flu season typically peaks in January or February, but can occur as early as October and as late as May.
- Flu related complications include pneumonia and dehydration.
- Illness from seasonal flu usually lasts one to two weeks.
- Approximately 5-20% of U.S. residents get the flu each year.

Know What to Do about the Flu

- Get vaccinated.
- Cover your nose and mouth with a tissue or your sleeve when you sneeze or cough. (Discard tissues; don't reuse them.)
- Wash your hands often with soap and water or use an alcohol-based hand sanitizer, such as those located around campus. (Experts agree hand hygiene is the single most important method to stop the spread of infection.)
- Try to avoid close contact with anyone who is running a fever.
- If you are diagnosed with the flu, stay home for at least 24 hours after your fever has ended before returning to school or work.
- Get a flu vaccine shot when it becomes available.

Helpful links

- [Flu \(Influenza\) - U.S. Dept. of Health and Human Services](#)
- [Seasonal Flu Info - Centers for Disease Control](#)